

**San José State University  
Department of Kinesiology  
Fall 2018, KIN 63A, Beginning Hiking and Backpacking**

<b>Instructor:</b>	Kristine 'kirky' Kirkendall
<b>Office Location:</b>	Sport Club 1014
<b>Telephone:</b>	Office: 408-924-6217
<b>Email:</b>	Kristine.kirkendall@sjsu.edu
<b>Office Hours:</b>	By appointment
<b>Class Days/Time:</b>	Arranged and varies
<b>Classroom:</b>	SPX 163

### **Course Description**

This introductory course imparts skills such as topographical map reading, navigation and hiking in front country and back country. The emphases will be on logistics and operations of adventure excursions and fitness in various wilderness environments. There will be classroom meetings, hiking excursions, as well as one overnight backpacking excursion. No prerequisites.

### **Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams:

- Knowledge of and proficiency in fundamental skills (both mental and motor) and techniques of basic outdoor skills, to be able to safely navigate back country conditions
- An ability to hike increased distances with better cardiovascular endurance and muscular endurance
- An understanding of the history, etiquette, strategies, current research and safety associated with hiking and backpacking
- An ability to evaluate the conditions necessary for safe wilderness preparedness, choose appropriate equipment, and plan a hiking trip
- Ways to minimize the impact on the natural environment while hiking and understand and articulate the concepts of sustainability
- An understanding of the mental and physical health benefits to be derived from hiking and backpacking

### **Activity Program Learning Outcomes (APLO)**

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

### **Text/Readings**

Course reader and/or other instructor-assigned readings will be emailed to students. Accommodations will be made for those who need assistance acquiring the materials.

### **Course Notes**

- If you have pre-existing medical or physical problems you should alert the instructor to any required limitations.
- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Regular active participation is essential to acquiring the course objectives. Turn cell phone (and any other electronic devices) off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times.
- Making up a missed hike: Students may, upon approval only, make up an organized hike within one week of the hike with a written paper and photo of the hike logistics.
- Report any accidents to the instructor immediately.
- Exams/(ungraded) quizzes cannot be made up (serious and compelling problems considered).
- Drop requests will not be accepted after the SJSU drop deadline.
- Course grades will be posted on Canvas by the end of finals week. No incomplete grades or extra credit will be provided.
- Recording class: Instruction may not be recorded. If classmates ask you to record their performance for later review make sure it is done before or after class rather than during class. Do not post or otherwise share the recording.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.
- Guests are only allowed on the day hikes upon instructor approval. Dogs as well must be approved by the instructors based on location.

## Grading Plan

40% Hiking/backpacking skills (APLO 1)

20% Required experience on the overnight excursion and participatory discussions in class (APLO 1)

20% Final Paper (APLO 2, 3)

20% Cumulative Final Exam (APLO 2, 3)

### Grading Scale used to determine final grade for the course.

Percentage Earned	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

### University Policies:

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

### Exam/Quizzes:

Written exams will cover:

- Techniques related to all hiking/backpacking skills covered
- Mental and physical health benefits to be derived from hiking/backpacking

- Proper care of equipment
- History, current research, principles, terminology, and exercises related to hiking/backpacking
- Etiquette and safety in hiking/backpacking environments
- Injury prevention
- Logistics and safety of hiking and backpacking

Hiking/backpacking Skills Assessment will cover:

- Appropriate and safe movement in wilderness surroundings
- Natural etiquette as related to front country and back country settings
- Equipment preparation, utilization, and maintenance

**Paper:**

Papers should be no more than 5 double-spaced pages with at least two peer reviewed references. APA style is required. After viewing one of the following movies/documentaries (or one approved by the instructor), write a critical analysis of one of the following films:

- Wild
- Mile, Mile and a Half
- Into the Wild
- The Way (with Martin Sheen)

In this paper, develop a connection of backpacking/hiking to individual development as well as a personal reflection of what you have learned about experiential education/experience in the natural environment. Grading will be based upon content of material as related to hiking and backpacking and in reference to the peer-reviewed research. Students will also be expected to use proper APA style as well as appropriate grammar and punctuation.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and preparation for exams.

**University Policies:**

Per University Policy S16-9, university-wide information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at <http://www.sjsu.edu/gup/syllabusinfo/>.

**Kinesiology 63A: Beginning Hiking and Backpacking**

**Course Calendar (subject to change with fair notice by announcement in class and/or email)**

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
1	8/24 1300-1400	Introduction Kin 63a: overview and skills (1 hour)
2	8/1 1300-1400	Basics of Wilderness First Aid and Medicine (1 hour) Prerequisite assessment
4	9/14 1300-1530	Hiking skills: Hike at Mission Peak (2.5 hours) FEE DUE
6	10/12 1300-1400	History of Mountaineering, Conservation and Preservation (1 hour)
7	10/26-10/27 10/26: 1300- 10/27: 1100	Field Expedition: Backpacking Overnight (18.5 hours) Sunol Regional Wilderness
11	11/9 1300-1530	Gear Orientation and the Wilderness: Hike at Quicksilver (2.5 hours) Paper Due
12	11/16 1300-1400	Orienteering and Compass use, Topography, Ecopsychology (1 hour)
14	11/30 1300-1530	Map reading and Topography: Hike, TBD (2.5 hours)
16	12/7 1300-1400	Class Session
17	TBD 1300-1400	Final Exam
U	R	Done....Now GET OUT and have a great Summer!