

San José State University
Department of Kinesiology
KIN 063A – Beginning Hiking and Backpacking
Spring 2012

Instructor: Kristine 'kirky' Kirkendall
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Office Hours: By appointment
Class Days/Time: Arranged and varies
Classroom: SPX 77

Faculty Web Page and MYSJSU Messaging

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on my faculty web page at www.sjsu.edu/kinesiology or accessible through the Quick Links>Faculty Web Page links on the SJSU home page. You are responsible for regularly checking with the messaging system through MySJSU.

Course Description

This is an introductory course designed to impart 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 class meetings, hiking excursions as well as one overnight backpacking excursion.

Course Goals and Student Learning Objectives

Upon completion of course, the student will be able to:

1. Demonstrate the acquisition and application of basic outdoor skills, to be able to safely navigate back country conditions
2. Evaluate the conditions necessary for safe wilderness preparedness, choose appropriate equipment, and plan a hiking trip
3. Minimize the impact on the natural environment while hiking and understand and articulate the concepts of sustainability
4. Demonstrate an understanding of the basic terminology, applicable history, etiquette, current research and practice, and applications of this cognitive knowledge of the outdoors

Required Texts/Readings

Course reader

TBA-Available online at D2L

Students are expected to arrive on time in proper attire ready to participate in physical activity.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

A letter grade will be determined by the following criteria and grading scale;

Participation	45%	(participation on the overnight* & in class)
Final Paper	30%	TBA
Cumulative Final exam	<u>25%</u>	Final Day of Class
	100%	

*If attendance on the overnight is not achieved an incomplete will be given until an alternate activity is achieved as designated by the course instructor.

Attendance per se shall not be used as a criterion for grading according to Academic Policy F-69-24.

A+ =97-100, A=93-96, A-=90-92, B+=87-89, B=83-86, B-=80-82, C+=77-79, C=73-76, C-=70-72, D+= 67-69, D= 63-66, D- =60-62, F= 59 below

Paper:

(worth 30% of grade and due by (TBA) before class. NO exceptions!)

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

- 127 Hours
- 180 Degrees South
- Into the Wild
- Connection of Backpacking/hiking to the development of a holistic experience
- a personal reflection on what you have learned about experiential education/experience and the natural environment

University Policies

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities

requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

Student Technology Resources (Optional)

Computer labs for student use are available in the Academic Success Center located on the 1st floor of Clark Hall and on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include digital and VHS camcorders, VHS and Beta video players, 16 mm, slide, overhead, DVD, CD, and audiotape players, sound systems, wireless microphones, projection screens and monitors.

Learning Assistance Resource Center (Optional)

The Learning Assistance Resource Center (LARC) is located in Room 600 in the Student Services Center. It is designed to assist students in the development of their full academic potential and to inspire them to become independent learners. The Center's tutors are trained and nationally certified by the College Reading and Learning Association (CRLA). They provide content-based tutoring in many lower division courses (some upper division) as well as writing and study skills assistance. Small group, individual, and drop-in tutoring are available. Please visit [the LARC website](http://www.sjsu.edu/larc/) for more information at <http://www.sjsu.edu/larc/>.

SJSU Writing Center (Optional)

The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center website](http://www.sjsu.edu/writingcenter/about/staff/) is located at <http://www.sjsu.edu/writingcenter/about/staff/>.

Peer Mentor Center (Optional)

The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering "roadside assistance" to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop –in basis, no reservation required. The [Peer Mentor Center website](http://www.sjsu.edu/muse/peermentor/) is located at <http://www.sjsu.edu/muse/peermentor/>

Beginning Hiking and Backpacking 63A, Spring 2012 Course Schedule

The schedule is subject to change with fair notice. You will be notified through D2L or e-mail of any changes to this schedule.

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/25 1300-1400	Introduction Kin 63a: overview and skills (SPX 77) (1 hour)
2	2/1 1300-1400	Basics of Wilderness First Aid and Medicine (1 hour) Prerequisite assessment
3	2/8 1300-1530	Hiking skills: Hike at Mission Peak (2.5 hours)
5	2/22 1300-1400	History of Mountaineering, Conservation and Preservation (1 hour) (SPX 77)
7	3/8 1300-1530	Gear Orientation and the Wilderness: Hike at Quicksilver (2.5 hours)
8	3/15 1300-1400	Orienteering and Compass use, Topography, Ecopsychology (1 hour) (SPX 77)
11	4/5 1300-1530	Map reading and Topography: Hike at Rancho San Antonio (2.5 hours)
13	4/19-4/20	Field Expedition: Backpacking Overnight (18.5 hours) Henry Coe State Park
15	TBA	Final Exam (SPX 77)
Now GET OUT!		