

San José State University
Department of Kinesiology
KIN 063A – Beginning Hiking and Backpacking
Spring 2015

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Office Hours:	By appointment
Class Days/Time:	Arranged and varies
Classroom:	Macquarrie Hall 322

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. Knowledge of fundamental skills and techniques of basic outdoor skills, to be able to safely navigate back country conditions.
2. Proficiency in execution of the skills covered.
3. A positive change in personal fitness as it relates to components such as cardiovascular endurance and muscular endurance.
4. An understanding of the history, etiquette, strategies, current research and safety associated with hiking and backpacking.
5. Evaluate the conditions necessary for safe wilderness preparedness, choose appropriate equipment, and plan a hiking trip.
6. Minimize the impact on the natural environment while hiking and understand and articulate the concepts of sustainability

7. An understanding of the mental and physical health benefits to be derived from hiking and backpacking.

Activity Program Learning Outcomes

Students shall be able to:

- Demonstrate the acquisition and application of motor skills appropriate to the hiking and backpacking.
- Demonstrate an understanding of the applicable history, rules, strategies, current research, safety, and etiquette appropriate to the mountaineering.
- Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
- Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

Required Texts/Readings

Course reader

Readings will be e-mailed to each student as needed.

Course notes

Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Turn cell phone off and put away for the duration of the class. Interactions with classmates and the instructor are expected to be respectful at all times. Students are expected to arrive at the trailhead of the activity within 15 minutes of the start time.

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.

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.

Course Requirements and Grading Policy -

Grading Plan

45% Participation on the overnight excursion and in class
30% Final Paper

25% Cumulative Final Exam

Grading Scale used to determine letter grade for each component above.

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 – 69% D-
< 60% F

Paper:

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 of one of the following films:

- 127 Hours
- 180 Degrees South
- 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.

University Policies

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 in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. 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/>.

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) 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](http://www.sjsu.edu/studentconduct/) website 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 Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments completed for another class cannot be counted for this course.

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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Beginning Hiking and Backpacking 63A, Spring 2015 Course Schedule

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

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	1/23 1300-1400	Introduction Kin 63a: overview and skills (1 hour)
2	1/30 1300-1400	Basics of Wilderness First Aid and Medicine (1 hour) Prerequisite assessment
4	2/13 1300-1530	Hiking skills: Hike at Mission Peak (2.5 hours) FEE DUE
6	2/27 1300-1400	History of Mountaineering, Conservation and Preservation (1 hour)
7	3/6 1300-1400	Gear Orientation and the Wilderness: Hike at Quicksilver (2.5 hours)
12	4/10 1300-1530	Orienteering and Compass use, Topography, Ecopsychology (1 hour) Paper Due
14	4/24-4/25 4/24: 1300- 4/25: 1200	Field Expedition: Backpacking Overnight (18.5 hours) Sunol Regional Wilderness
15	5/1 1300-1530	Map reading and Topography: Hike at Rancho San Antonio (2.5hours)
16	5/8 1300-1400	Final Exam
		Now GET OUT!