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| Course Name/Term  | **Hiking  Fall 2017** (**8 week session-859)** |
| Class and Section Number  | **PHED 134 Section** **49940** |
| Class Meeting Day and Time  | **Wednesdays 3:00-4:50**and Select Saturdays |
| Location  | **PED 210**  |
| Instructor and Contact Info  | Ian Culbertson   **e-mail: iculbert@usc.edu** Office: PED 107       Phone: (213) 821-2567  |

**Program Objectives:**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

1. Define the various health components of fitness.
2. Recognize the physical and mental benefits of increased activity.
3. Understand anatomy, basic bio-mechanical principles and terminology.
4. Determine factors involved with development, fitness levels and training strategies.
5. Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.

**Students will be exposed to a variety of activities providing them the opportunity to:**

1. Apply learned fundamental skills.
2. Utilize physical activity as a tool to manage stress.
3. Empower themselves by setting and working toward realistic individual goals.
4. Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
5. Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

1. Understand and utilize various training methods.
2. Assess individual levels of fitness components.
3. Create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize risk of injury.
4. Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
5. Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

**Course Description:**

This course involves fundamental instruction in hiking skills and technique. Primary focus in preparation for longer day hikes will include physical conditioning, selection of equipment, navigation, Leave No Trace Principles, local identification of flora and fauna, first aid and survival topics, and trip planning.

**Course Objectives:**

1. To provide basic instruction of hiking skills.
2. To provide information about necessary clothing and equipment.
3. To familiarize each student with necessary wilderness safety knowledge and survival skills.
4. To improve fitness related components such as muscular strength, endurance, and flexibility and balance.
5. To educate each student about the environmental impact of wilderness travel and etiquette.
6. To encourage each student to appreciate and to pursue hiking as a lifelong activity.

**To learn and develop the following skills:**

1. How to read topographic map and use compass for orientation.
2. How to identify clothing and equipment for day-hike use.
3. How to prepare backpack for day hike.
4. How to conduct Leave no Trace Ethics.
5. How to manage risk and backcountry dangers.
6. How to dress and stay comfortably cool/warm.
7. How to demonstrate basic first aid principles.
8. How to use basic survival skills.
9. How to identify local flora and fauna.
10. How to prepare for your own hiking trip.

**Prerequisites:**

NONE

**Co-Requisite/Concurrent Enrollment:**

NONE

**Recommended Preparation:**

Being reasonably physically fit. Able to carry a backpack in varied terrain for at least two hours.

**Textbook, Required Readings, and Supplementary Materials:**

Backpacking one step at a time, The essential guide to wilderness camping and backpacking in the U.S., The backcountry handbook.

**Description and Assessment of Academic component:**

Quizzes will be based on the previous class lecture and discussion.

 **Hike Description:**

Hikes will be in the LA County area, ranging from an estimated 2-6 hours in total length of varied outdoor terrain. Some hikes will have drinking water and bathrooms only at the beginning of the trailhead while others will not. Expect to bring your own water, food, warm layers, and personal first aid kit.

**The day hikes will meet at various off campus locations at 9am on the following 3 Days:**

**Saturdays: 9/23, 9/30, & 10/07**

 **Students will be responsible for their own transportation to and from class.**

**Equipment:**

Students will be responsible for their own footwear, daypacks, water bottles, sun protection, clothing, personal first aid kit, food, and water.

**Participation/Teamwork:**

Regular attendance and regular active participation is required for the participation portion of the grade during class discussion and while working as a team on day hikes. Tardiness and/or leaving early will not be tolerated as this will hold up the entire class and may result in missing out on an entire class. If you are late or leave early from the hike, you will not receive credit for attending the class and you will miss out on valuable information such as quizzes, lectures, demonstrations, and skill enhancement. You will be expected to attend the section for which you are enrolled. Make-ups may be allowed for emergency situations and then only upon approval from instructor.

**You will be required to check Blackboard the night prior to class for class announcements.**

**Grading Criteria Percentage:**

**Quizzes** - 6 at 5pts. Each = 30pts.

**Day Hike Summary Assignments** – 3 at 10pts. Each = 30pts.

**Participation/Teamwork** = 30pts.

In class (1pt./class = 8pts.)

On trips (7pts/hike 1&2 and 8pts/hike 3 = 22pts.)

**Final Reflection Paper** = 10pts.

**TOTAL=                100** **pts.**

**Points/grade-based cutoffs:**

**A:   94%, A-: 90%**

**B+: 87%, B:  84%, B-: 80%**

**C+: 77%, C: 74%, C-:70**

**D+: 67%, D: 64%, D-:60%**

**F:  below 60%**

**Course Schedule:**

Any adjustments and/or changes in course schedule will be announced in class and via Blackboard.

**WEEK 1** **Class** Course Introduction Lecture; Conditioning for Wilderness Travel- conditioning plan for muscle strength, muscle endurance, cardiorespiratory endurance, flexibility, and balance;

**WEEK 2** **Class** Clothing and Equipment- footwear, clothing, daypacks, water and food, personal first aid and hygiene, emergency and survival tools, checklist; 10 Essentials; **Quiz 1**

**WEEK 3 Class** Navigation- types of maps, locating points, slope and trail profile, compass orientation, distance/speed/time estimation, GPS, common navigation mistakes; **Quiz 2**

**WEEK 4** **Class** Review Checklist, 10 essentials, safety considerations, following trail, map and compass use, snacks and water, bathroom breaks, lunch, observations and suggestions; **Quiz 3**

**WEEK 5** **Class & Day Hike # 1 (2-3 hours)** Wilderness Ethics- Leave No Trace, environmental impact; Nutrition- calorie intake & expenditure, nutrients, water: **Quiz 4 & Day Hike Assignment 1 Due**

**WEEK 6** **Class &** **Day Hike # 2 (4-6 hours)**  Topics in Wilderness First Aid - bleeding, sprains and fractures, blisters, shock, heat illness, cramps, hypothermia, altitude sickness, poison oak, snake and insect bites; Safety and Survival- getting lost, hot and cold conditions, preventing injuries, communicating intended route; **Quiz 5** **& Day Hike Assignment 2 Due**

**WEEK 7** **Class & Day Hike # 3 (6-8 hours)** Planning a Trip- choosing and researching a route, use of maps, obtaining permits, travel plan to and from trail head, packing, proposed daily itinerary; **Quiz 6 & Day Hike Assignment 3 Due**

**WEEK 8** **Final Reflection Paper due.**

 *\*****Extra credit work and make-up work are not available unless noted by instructor****.* ***It is your responsibility to attend class consistently and fulfill the requirements of this course.***

**Additional Policies:**

All students registering for this class for credit are expected to attend regularly. The unexcused absence from two or more quizzes will result in the lowering of the student’s grade.

**Lost & Stolen Articles:**

USC Physical Education is not responsible for any personal lost, stolen, or damaged property. If students choose to bring valuables to class, it is recommended that they be minimized, hidden, locked up, and or secured during class in personal vehicles. Please do not bring any valuables on the hike.

***Statement for Students with Disabilities:***

*Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me as early in the semester as possible. DSP is located in STU 301 and is open 8:30am – 5:00pm, Monday through Friday. Website and contact information for DSP: http://sait.usc.edu/academicsupport/centerprograms/dsp/home\_index.html (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.*

***Statement on Academic Integrity:***

*USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one’s own academic work from misuse by others as well as to avoid using another’s work as one’s own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, (www.usc.edu/scampus or http://scampus.usc.edu) contains the University Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.*

***Statement on Academic Conduct and Support Systems:***

***Plagiarism*** *– presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in Section 11, Behavior Violating University Standardshttps://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, http://policy.usc.edu/scientific-misconduct/.*

***Discrimination, sexual assault, and harassment are not tolerated by the university*** *You are encouraged to report any incidents to the Office of Equity and Diversity http://equity.usc.edu/ or to the Department of Public Safety http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. The Center for Women and Men http://www.usc.edu/student-affairs/cwm/ provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.*

***Support Systems:***

*A number of USC’s schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the American Language Institute http://dornsife.usc.edu/ali, which sponsors courses and workshops specifically for international graduate students. The Office of Disability Services and Programs http://sait.usc.edu/academicsupport/centerprograms/dsp/home\_index.htmlprovides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, USC Emergency Information http://emergency.usc.edu/will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.*

**Important Dates and Deadlines for Session 859:**

**8/22/17 –** Classes Begin

**8/30/17 -** Last Day to Drop w/o a “W” or Change P/NP or Audit Enrollment Option or Receive a Refund; Last Day to Register or Add Classes.

**9/22/17** - Last Day to Withdraw w/o a “W” on Transcript or Change P/NP to Letter Grade (no refund allowed).

**10/02/17** - Last Day to Drop with a “W”

**10/12/17** – Final Day of Classes