

Course Name/Term	Backpacking Spring 2019 Reg. Code 802 (2nd 8 weeks)
Class and Section Number	PHED 135 Section 49812/49813
Class Meeting Day and Time	Mondays/Wednesdays 3-4:50pm
Location	VKC 108
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 biomechanical 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 backpacking skills and technique. Primary focus is in preparation for an overnight backpacking trip and will include physical conditioning, selection of equipment, navigation, back-country ethics, Leave No Trace Principles, local identification of flora and fauna, basic first aid and survival topics, and trip planning.

Course Objectives:

1. To provide basic instruction of backpacking 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 backpacking as a lifelong activity.

To learn and develop the following skills:

1. How to read topographic map and use a compass for basic orientation.
2. How to identify and use clothing and equipment for backcountry use.
3. How to physically prepare for overnight backpacking trip.
4. How to conduct Leave no Trace Ethics.
5. How to manage risk and backcountry dangers.
6. How to identify a safe tent, kitchen, and bathroom site.
7. How to prepare kitchen site and safely cook and store food.
8. How to dress, sleep, and stay warm or cool.
9. How to demonstrate basic first aid principles.
10. How to prepare for your own backpacking trip.

Prerequisites:

134 Hiking or approval from Instructor.

Co-Requisite/Concurrent Enrollment: NONE

Recommended/Preparation: Being reasonably physically fit. Able to carry backpack with load of 30 pounds or more in varied terrain outdoors for at least 3 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, or whatever fits best.

Description and Assessment of Academic component:

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

Backpacking Description Trip- Backpack trip is a 2 1/2 day & 2 night trip (Leaving Friday afternoon and returning Sunday afternoon) focused in the Backcountry of Southern California's Angeles National Forest or in another location to be determined. Students will begin their backpacking trip using information gathered from lectures and day hikes to backpack and set up camp, which will include tents, sleeping bags, stoves, and water filters. Length of routes of backpacking trips will be weather and participant dependent and will range from 4-10 miles of walking/day with backpacks over varied terrain. Expect to bring your own water, food, snacks, clothing,

footwear, sleeping pad, and personal hygiene/first aid kit. Cost of transportation and backcountry permits will be provided.

Equipment:

Recommendations on where and what to rent or purchase for shoes, clothing (socks, long underwear, pants, shirt, light layered clothing, sun protection, hat, rain gear), food, cookware, water-bottles, headlamps, and personal first aid kits will be made on the first day. Backpacks, tents, sleeping bags, stoves, fuel, and water filters will be provided for the trip.

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 the backpacking trip. Tardiness and/or leaving early will not be tolerated as this will hold up the entire class and may result in missing out on class. If you are late or leave early, you will only receive partial credit for attending the class and you will miss out on valuable information such as quizzes, lectures, demonstrations, and or skill enhancement. You will be expected to attend the section for which you are enrolled. Make-ups are not allowed except 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.**

**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.*

Grading Criteria Percentage:

Quizzes (2) /Assignments (6) - 8 at 5 pts. each = 40 pts.

Backpacking Trip Reflection Assignment = 10 pts.

Participation/Teamwork = 30 pts.

In class (1pt./class = 7 pts.)

On Hike (7 pts.) On trip (16 pts.)

Final Paper Course Reflection = 20 pts.

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 9 (3/9) Course Introduction; What is Backpacking? Conditioning for Wilderness Travel- conditioning plan for muscle strength & endurance, cardiorespiratory endurance, flexibility, and balance. 10 Essentials, Clothing & Footwear- Boots, hiking shoes, socks, dressing warm and cool, sun protection, rain gear, personal first aid kit. Awareness and connection to our environment. **Assignment 1- Bring in warmest and most compact layer.**

WEEK 11 (3/23) Wilderness Ethics- Leave No Trace Principles, trail etiquette, environmental impact. Setting up shelter- Sleeping bags, sleeping pads, tents, and shelter. How to sleep warm. Backpack fitting, how to pack and carry a backpack. **Backpack and Sleeping Bag Distribution. Assignment 2- Create your personal first aid kit via Turnitin on BlackBoard.**

WEEK 12 (3/30) Day Hike 1 (3-4 hours) Sun 4/5 Wilderness First Aid- Sprains, strains, fractures, and bleeding, hot spots, blisters, dehydration, heat cramps, heat illness, hypernatremia, hypothermia, shock, altitude sickness, poison oak, snake and insect bites and stings. Safety and Survival- Getting lost, preventing injuries, communicating intended routes, contingency planning. **Formation of tent groups. Practice Tent set up. Assignment 3- Make a packing list for BP Trip via Turnitin on BlackBoard. Quiz 1**

WEEK 13 (4/6) Review 10 essentials, safety considerations, following trail, Navigation- Types of maps, locating points, slope and trail profile, compass orientation, distance/speed/time estimation. Nutrition- calorie intake & expenditure, nutrients, water, menu planning, water filtering, cooking gear, meal planning and storage, stove and fire use. What to look for on Hike? **Formation of cook groups. Assignment 4- Bring in food items and make food list for BP Trip via Turnitin on BlackBoard. Quiz 2**

WEEK 14 (4/13) Day Hike 2 (3-4 hours) Sat 04/18 Review; Planning a Trip- choosing and researching a route, use of maps, obtaining permits, travel plan to and from trail head, Emergency contacts, trip medical forms, transportation waivers, packing, and planning proposed daily itinerary, distribution of group gear (water filters, stoves, fuel, and bear cans) for trip; **Assignment 5- Submit all pre-trip forms via Turnitin on BlackBoard.**

WEEK 15 (4/20) 2 1/2 Day & 2 Night Backpacking trip (Trip will take place on Fri 04/24 - Sun 04/26)
Assignment 6- Pack your backpacks and be ready for Backpacking trip!

WEEK 16 (4/27) Returning, cleaning, and storage of gear, course evaluations, & group course reflection
Backpacking Trip Reflection Due via Blackboard & Course Reflection Final Paper Due via Turnitin on Blackboard.

Additional Policies:

All students registering for this class for credit are expected to attend regularly. The absence from a quiz 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 secured during class. Please do not bring any valuables on the trail/backpacking trip and anticipate your gear getting dirty and or wet.

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 Standards <https://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](http://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.html provides 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:

See Registration Calendar

