

Course Name/Term	Hiking Fall 2021 Reg. Code 859 (1st 8 week session)
Class and Section Number	PHED 134 Section 49811
Class Meeting Day and Time	Wednesdays 3:00-4:50 & 3 Select Weekend Days
Location	CPA 208
Instructor and Contact Info	Ian Culbertson e-mail: iculbert@usc.edu Office Hours by appointment 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-mechanic 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. Identify proper clothing, footwear, and other equipment for a local day hike.
2. Evaluate backcountry risk and hazards.
3. Identify basic survival skill concepts & basic first aid principles.
4. Demonstrate use of topographic map.
5. Prepare your own hiking itinerary.
6. Identify and demonstrate Leave No Trace Ethics.

To learn and develop the following skills:

1. Dress and fuel appropriately for environmental conditions.
2. Evaluating wilderness safety knowledge and basic survival skills.
3. Demonstrate fitness related components such as muscular strength, endurance, flexibility and balance as it relates to hiking.
4. Evaluate the environmental impact of wilderness travel and wilderness etiquette.

Prerequisites:

NONE

Co-Requisite/Concurrent Enrollment:

NONE

Recommended Preparation:

Being reasonably physically fit. Able to carry a backpack with water, layers, and food in varied terrain for at least two hours.

Textbook, Required Readings, and Supplementary Materials: (Recommendations)

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 2-5 hours in total length of varied outdoor terrain. Some hikes will have drinking water and bathrooms at the beginning of the trailhead while others may not. Expect to bring your own water, food, warm layers, sun protection, and personal first aid kit.

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

Sunday: 9/12

Saturdays: 09/18 & 10/02

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

Equipment:

Students will be responsible for their own transportation, footwear, layers and raingear, daypacks, water bottles, sun protection, 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 full 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 and prior to day hikes for class announcements.

Grading Criteria Percentage:

Quiz (5%) = 1 at 5 pts. each = 5 pts.

Assignments (40%) = 4 at various pts. = 40 pts.

1. Create your own FAK (5 pts.)
2. Make a Map (5 pts.)
3. Day Hike Reflection A. (15 pts.)
4. Day Hike Reflection B. (15 pts.)

Participation/Teamwork (30%) = 30 pts.

In class (1 pt./class x 6 classes = 6 pts.)

On trips (8 pts./hike x 3 hikes = 24 pts.)

Final Paper Course Reflection (25%) = 25 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.

Class begins on week 1 on Wednesday 8/28/21 and ends on week 8 Wednesday 10/13/21 (8 weeks!)

WEEK 1 Class Course Introduction Lecture; Conditioning for Wilderness Travel- conditioning plan for muscle strength, muscle endurance, cardiorespiratory endurance, flexibility, and balance. Preparing to be outside, awareness and focus. “Exploring our outside world”. **Activity: Awareness around campus**

WEEK 2 Class Clothing and Equipment- footwear, clothing, daypacks, water and food, personal first aid kits, personal and group hygiene, emergencies, survival tools, and what to do! **Activity: Green Hike around campus**

WEEK 3 Class & Day Hike # 1 Sun (2-3 hours) Basic topics in Wilderness First Aid - Blisters, strains, sprains and bleeding, environmental injuries and illnesses, & plants and animals. Basic topics in survival; getting found, preventing injuries, and surviving! **Quiz 1 - Hike Preparation (5pts.)** **Activity: Safety Hike around campus**

WEEK 4 Class & Day Hike # 2 Sat (3-4 hours) Basic map reading; locating points, reading contours, elevation profile, map orientation, distance/speed/time estimations. Top 10 Essentials, following trails, map use, snacks and water, bathroom breaks, observations, and reflections. **Assignment 1 - Make your own FAK Due (5pts.)** **Activity: Scavenger Hike around campus**

WEEK 5 Class Wilderness Leave No Trace Ethics & environmental impact. Nutrition; calorie intake & expenditure, macronutrients and water use. **Assignment 2 - Make a Map Due (5pts.) & Assignment 3 - Day Hike A. Reflection Due (15pts.)** **Activity: Footprint Hike around campus**

WEEK 6 Class & Day Hike # 3 Sat (4-5 hours) Natural History - Indigenous cultures, geology, ecology, weather observations, & local flora and fauna identification **Activity: Connections Hike around campus**

WEEK 7 Class Planning a Trip - Choosing and researching a route, use of maps, obtaining permits, transportation plan to and from trail head, packing, & proposed daily itinerary. **Assignment 4 - Day Hike B. Reflection Due (15pts.)**

WEEK 8 Class & Reflect: Hike On! **Course Evaluations, Assignment 5 - Course Reflection Due (25pts.)**

**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/classes 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 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 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:

CHECK REGISTRATION CALENDAR CAREFULLY!