

Course Name/Term	<b>Backpacking Fall 2023</b> <b>Reg. Code 802 (2<sup>nd</sup> 7 weeks)</b>
Class Section Number Class Meeting Day and Time	<b>PHED 135</b> <b>Section 49812 Mondays 3-4:50pm</b> <b>Section 49813 Wednesdays 3-4:50pm</b>
Location	<b>Mondays KAP 113</b> <b>Wednesdays KAP 166</b>
Instructor and Contact Info	<b>Ian Culbertson</b> e-mail: <a href="mailto:iculbert@usc.edu"><b>iculbert@usc.edu</b></a>
Office Hours	<b>MW 1-2pm</b>
Office	<b>PED 107</b>

**Physical Education & Mind Body Health (PEMBH) Mission:**

Physical Education & Mind Body Health (PEMBH) provides a variety of opportunities for students to improve their general health and fitness through fitness related and recreational activities classes. Courses are designed to introduce students to various aspects of health and physical education principles. With this exposure, knowledge, and skill, students are better equipped to make choices regarding a healthy and active lifestyle. All classes stress the importance of exercise and leisure time activity to physical, mental, and social well-being.

**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, backcountry ethics, Leave No Trace Principles, local identification of flora and fauna, first aid and survival topics, and trip planning.

**Course Objectives:**

1. Demonstrate topographic map use for backpacking.
2. Identify and demonstrate proper clothing, footwear, and equipment for backcountry use.
3. Create workout plan to physically prepare for backpacking trip.
4. Demonstrate and identify Leave No Trace Principles.
5. Identify and demonstrate how to manage backcountry risk.
6. Identify how to create a safe tent, kitchen, and bathroom site in the backcountry.
7. Demonstrate safe cooking and storing of food practices in the backcountry.
8. Demonstrate proper clothing layering system to stay warm or cool while backpacking & sleeping.
9. Identify basic first aid principles.
10. Create an itinerary for your own backpacking trip.

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

1. Prepare backpack for multiday overnight backpacking trip.
2. Demonstrate and identify necessary clothing and equipment for backcountry use.
3. Evaluate environmental impact of wilderness travel and etiquette.
4. Analyze basic wilderness safety and survival skills.
5. Recognize how to pursue backpacking as a lifelong activity.
6. Implement fitness related components such as muscular strength, endurance, and flexibility and balance as it relates to backpacking.

**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 (Suggestions):**

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-** Backpacking trip is a 2 1/2 day & 2 night trip (Leaving Friday at 1pm and returning Sunday about 4pm) 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, fuel, cookware, and water filters. Length of routes of backpacking trips will be weather and participant dependent and will range from 4-10 miles of walking per day with backpacks over varied terrain. Expect to bring your own sleeping pad, water, food, snacks, clothing, rain gear, footwear, and personal hygiene & first aid kit.

**Equipment:**

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

**Participation/Teamwork:**

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 participating in 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:**

**Quiz (1) & Assignments (6) (30%) = 30 pts.**

**Hike Reflection Assignment (12%) = 12 pts.**

**Participation/Teamwork (33%) = 33 pts.**

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

On Hike (8 pts.) On trip (18 pts.)

**Backpacking Trip Reflection Assignment (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:**

**Class begins on week 9 on Mon 10/16 or Weds 10/18/23 and ends on week 15 Mon 11/27 or Weds 11/29 (7 weeks!)**

Any adjustments and/or changes in course schedule will be announced in class and via Blackboard. Please check BB within 24 hrs. prior to each class.

**WEEK 9 (10/16)** Course Introduction; What is Backpacking? Conditioning for Wilderness Travel- conditioning plan for muscle strength & cardiorespiratory endurance. Top 10 Essentials; Hiking boots/shoes & socks; Dressing warm and cool; sun, heat, and cold protection; rain gear, and personal first aid kit. **Campus Hike 1- Awareness and connection to our environment. Assignment 1- Bring in your warmest AND most compact layer, due next class (3 pts.)**

**WEEK 10 (10/23)** Wilderness Ethics- Leave No Trace Principles, trail etiquette, environmental impact. Setting up shelter- Sleeping bags, sleeping pads, and tents. How to sleep warm. Backpack fitting, how to pack and carry a backpack. **Backpack and Sleeping Bag Distribution. Campus Hike 2- Safety Assignment 2- Create your personal first aid kit, due next class (5 pts.)**

**WEEK 11 (10/30) Day Hike 1 (3-5 hours) Sat 11/4** Wilderness First Aid- Sprains, strains, and bleeding, hot spots, blisters, dehydration, heat cramps, heat and cold illness, altitude sickness, poison oak, snake and insect bites and stings. Safety and Survival- Getting lost, preventing injuries, communicating intended routes, contingency planning. **Campus Hike 4- Scavenger Hunt Assignment 3- Make a packing list for BP Trip via Turnitin on BB due next class (3 pts.). Quiz 1 (4 pts.) Hike Reflection Due (12 pts.) via BB.**

**WEEK 12 (11/6) Day Hike 2 (3-5 hours) Sat 11/11** Navigation- Types of maps, locating points, slope and trail profile, distance/speed/time estimation. Nutrition- calorie intake & expenditure, nutrients, water, water filtering, cooking gear, meal planning and storage, stove and fire use. What to look for on Hike? **Formation of cook and tent groups. Practice Tent set up. Assignment 4- Bring in food items and make food list for BP Trip via BB due next class (4 pts.)**

**WEEK 13 (11/13) 2 1/2 Day & 2 Night Backpacking trip (Trip will take place on Fri 11/17 - Sun 11/19)** 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 (tents, water filters, stoves, fuel, and bear cans) for trip; **Assignment 5- Submit all pre-trip forms (3 pts.). Assignment 6- Pack your backpacks and submit photo via BB due this class (4 pts.). Get ready for Backpacking trip!**

**WEEK 14 (11/20) NO CLASS, THANKSGIVING HOLIDAY**

**WEEK 15 (11/27)** Returning, cleaning, and storing of individual and group gear. **(4 pts.) Course/instructor evaluations & group course reflection. Backpacking Trip Reflection (25 pts.) Due via Blackboard 11/29.**

**Additional Policies:**

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

**Important USC Dates and Deadlines:**

**Check Schedule of Classes Registration Calendar for Section Code 802**

**Academic Conduct and Support Systems**

**Academic Integrity**

*The University of Southern California is a learning community committed to developing successful scholars and researchers dedicated to the pursuit of knowledge and the dissemination of ideas. Academic misconduct, which includes any act of dishonesty in the production or submission of academic work, comprises the integrity of the person who commits the act and can impugn the perceived integrity of the entire university community. It stands in opposition to the university's mission to research, educate, and contribute productively to our community and the world.*

*All students are expected to submit assignments that represent their own original work, and that have been prepared specifically for the course or section for which they have been submitted. You may not submit work written by others or "recycle" work prepared for other courses without obtaining written permission from the instructor(s).*

*Other violations of academic integrity include, but are not limited to, cheating, plagiarism, fabrication (e.g., falsifying data), collusion, knowingly assisting others in acts of academic dishonesty, and any act that gains or is intended to gain an unfair academic advantage.*

*The impact of academic dishonesty is far-reaching and is considered a serious offense against the university. All incidences of academic misconduct will be reported to the Office of Academic Integrity and could result in outcomes such as failure on the assignment, failure in the course, suspension, or even expulsion from the university.*

*For more information about academic integrity see the student handbook or the Office of Academic Integrity's website, and university policies on Research and Scholarship Misconduct.*

*Please ask your instructor if you are unsure what constitutes unauthorized assistance on an exam or assignment, or what information requires citation and/or attribution.*

**Student & Disability Accommodations**

*USC welcomes students with disabilities into all of the University's educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.*

**Support Systems**

**Counseling and Mental Health**

(213) 740-9355 – 24/7 on call

*Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.*

988 Suicide and Crisis Lifeline

*988 for both calls and text messages – 24/7 on call*

*The 988 Suicide and Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices. The new, shorter phone number makes it easier for people to remember and access mental health crisis services (though the previous 1 (800) 273-8255 number will continue to function indefinitely) and represents a continued commitment to those in crisis.*

Relationship and Sexual Violence Prevention Services (RSVP)

*(213) 740-9355(WELL) – 24/7 on call*

*Free and confidential therapy services, workshops, and training for situations related to gender- and power-based harm (including sexual assault, intimate partner violence, and stalking).*

Office for Equity, Equal Opportunity, and Title IX (EEO-TIX)

*(213) 740-5086*

*Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.*

Reporting Incidents of Bias or Harassment

*(213) 740-5086 or (213) 821-8298*

*Avenue to report incidents of bias, hate crimes, and microaggressions to the Office for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.*

The Office of Student Accessibility Services (OSAS)

*(213) 740-0776*

*OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.*

USC Campus Support and Intervention

*(213) 740-0411*

*Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.*

Diversity, Equity, and Inclusion

*(213) 740-2101*

*Information on events, programs and training, the Provost's Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.*

USC Emergency

*UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call*

*Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.*

USC Department of Public Safety

*UPC: (213) 740-6000, HSC: (323) 442-1200 – 24/7 on call*

*Non-emergency assistance or information.*

Office of the Ombuds

*(213) 821-9556 (UPC) / (323-442-0382 (HSC)*

*A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.*

Occupational Therapy Faculty Practice

*(323) 442-2850 or [otfp@med.usc.edu](mailto:otfp@med.usc.edu)*

*Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.*