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| Course Name/Term | Hiking Spring 2024 Reg. Code 859 (1st 8 wk session) |
| Class and Section Number | PHED 134 Section 49811 |
| Class Meeting Day and Time | Wednesdays 3:00-4:50pm & 3 Select Weekend Days |
| Location | TBD |
| Instructor and Contact Info | Ian Culbertson e-mail: iculbert@usc.edu |
| Office Hours | Wednesdays 2-3pm |
| Office: | PED 107 |

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 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 physically fit enough and able to carry a backpack with water, layers, and food in varied terrain for at least three 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 8am on the following 3 Weekends:

Saturday: 1/27, 2/3, & 2/24

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 participating in the class and you will miss out on valuable information such as quizzes, lectures, demonstrations, and skill enhancement. Make-ups may be allowed for emergency situations and then only upon prior 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%) = 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 hikes (12 pts./hike x 2 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 01/10 and ends on week 8 Wednesday 2/28 (8 weeks!)

WEEK 1 Course introduction; clothing and footwear, daypacks, water and food, personal first aid kits, emergencies, survival tools, and preparing to be outside, awareness and focus. “Exploring our outside world”. **Activity: Awareness around campus**

WEEK 2 Conditioning for wilderness travel; conditioning plan for muscle endurance, cardiorespiratory endurance, flexibility, and balance. **Activity: Green Hike around campus**

WEEK 3 Day Hike # 1 Sat 1/27 (2-4 hours) Basic topics in Wilderness First Aid; Blisters, burns, strains, sprains, bleeding, plants, bites, stings, personal and group hygiene and environmental injuries and illnesses. Basic topics in survival; getting found, preventing injuries, and surviving! **Assignment 1 - Make your own FAK Due (5pts.) Quiz 1 - Hike Preparation (5pts.)** **Activity: Safety Hike around campus**

WEEK 4 Day Hike # 2 Sat 2/3 (3-5 hours) Basic map reading; locating points, reading contours, elevation profile, map orientation, & distance/speed/time estimations. **Activity: Scavenger Hike around campus. Assignment 2 - Day Hike A. Reflection Due (15pts.)**

WEEK 5 Leave No Trace Ethics & environmental impact. Nutrition; caloric intake & expenditure, macronutrients and water use. **Assignment 3 - Make a Map Due (5pts.) Assignment 4 - Day Hike B. Reflection Due (15pts.)** **Activity: Footprint Hike around campus.**

WEEK 6 Natural History; Indigenous cultures, geology, ecology, weather observations, & local flora and fauna identification. **Activity: Connections Hike around campus.**

WEEK 7 Day Hike # 3 Sat 2/24 (4-6 hours) Planning a Trip; Choosing and researching a route, use of maps, obtaining permits, transportation plan to and from trail head, packing, & proposed daily itinerary.

WEEK 8 Reflect: Hike On! **Course Evaluations, Assignment 5 - Course Reflection Due (25pts.) Assignment 6 - Day Hike C. Reflection Due (15pts.) If applicable.**

**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 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 and or secured during class. Please do not bring any valuables on the hike.

Important Dates and Deadlines:

CHECK REGISTRATION CALENDAR FOR SESSION 859 CAREFULLY!

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

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