

RECM 0070 - BACKPACKING

Catalog Description

Formerly known as PHED 76

Hours: 54 (18 lecture, 36 activity)

Description: Basics of minimum impact camping and wilderness safety with maximum personal comfort and enjoyment. Emphasizes "leave-no-trace" camping skills, wilderness navigation, shelter use and site selection, group dynamics and leadership. Students should be ambulatory and in good physical health to complete the two required backpacking field trips. Camping, entrance, and transportation fees may be required. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Identify the eight basic wilderness skill areas with examples of demonstrating the importance of each.
- CSLO #2: Explain a method of building a shelter using materials that would be carried on a backpacking trip or found in nature.
- CSLO #3: Demonstrate techniques and methods used in navigating in a wilderness environment.

Effective Term

Fall 2020

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

54

Total Student Learning Hours

108

Course Objectives

Lecture Objectives:

1. Explain the eight basic wilderness skill areas with examples of demonstrating the importance of each.
2. Design and describe a personal philosophy of ethical wilderness use.
3. Plan, implement and debrief a trip successfully.

Activity Objectives:

1. Demonstrate necessary skills in a role play classroom activity.
2. Prepare and lead a team building activity.
3. Design a method of building a shelter using materials that would be carried on a backpacking trip or found in nature.
4. Demonstrate techniques and methods used in navigating in a wilderness environment.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)

- CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: An objective exam will be administered to measure knowledge gained through class and study. Example: Compile a list of the eight basic wilderness skill areas and provide examples and the importance of each.
- Projects
 - Example: Students will be given information for a backpacking trip including date, location, and number of participants and their ages. Students will complete a group project planning the trip requiring an appropriate list of needed materials, team building activities, and guidelines.
- Skill Demonstrations
 - Example: Students will be given a skills demonstration test requiring them to show proficiency in the areas of the eight basic wilderness skill areas.

Repeatable

No

Methods of Instruction

- Activity
- Lecture/Discussion

Activity:

1. Instructor will explain wilderness navigation techniques and students will apply them during class activity.

Lecture:

1. Instructor will lecture on the eight wilderness survival skill areas and then lead a class discussion on the importance of each of these areas to safe and enjoyable backpacking experiences.
2. Visual images and videos will be shown by the instructor exemplifying common methods of structure use in various terrains and conditions and students will outline the pros and cons of each method.

Typical Out of Class Assignments Reading Assignments

1. Students will research internet or written reviews and descriptions of three regional backpacking trails and be prepared to discuss in class.
2. Students will read selected articles on topics related to the subject matter such as how to prevent and/or cope with altitude sickness. Students will then list ways to cope with this sickness.

Writing, Problem Solving or Performance

1. After reading textbook material, students will write a summary analyzing the preparation regiments, shelter options, first aid kits,

clothing, equipment, and food selections for a winter backpacking trip versus a summer backpacking trip. 2. Students will plan a menu for 4 people for a two day hiking trip.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Backing 101
 - Author: Heather Balough Rochfort
 - Publisher: Adams Media Corp.
 - Publication Date: 2017
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- The Hiking Deck: Portable Tips for Your Outdoor Adventures
 - Author: Rick Curtis
 - Publisher: Random House
 - Publication Date: 2009
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:
- The Ultimate Hiker's Gear Guide
 - Author: Andrew Skurka
 - Publisher: National Geographic
 - Publication Date: 2012
 - Text Edition:
 - Classic Textbook?:
 - OER Link:
 - OER:
- The Backpacker's Field Manual
 - Author: Rick Curtis
 - Publisher: Three River's Press
 - Publication Date: 2005
 - Text Edition: 2nd
 - Classic Textbook?:
 - OER Link:
 - OER:
- The Backpacker's Handbook
 - Author: Chris Townsend
 - Publisher: International Marine/Ragged Mountain Press
 - Publication Date: 2011
 - Text Edition: 4th
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.