

Course Outline

COURSE: KIN 74A **DIVISION:** 40 **ALSO LISTED AS:** KIN 74 & PE 74

TERM EFFECTIVE: FALL 2019 **CURRICULUM APPROVAL DATE:** 10/9/2018

SHORT TITLE: HIKING - LEVEL 1

LONG TITLE: Hiking - Level 1

Units	Number of Weeks		Contact Hours/Week		Total Contact Hours
.5 OR 1	18	Lecture:	0	Lecture:	0
		Lab:	1.5 OR 3	Lab:	27 OR 54
		Other:	0	Other:	0
		Total:	1.5 OR 3	Total:	27 OR 54

COURSE DESCRIPTION:

Introduces the Santa Clara and San Benito County parks, trails, and surrounding areas. Includes fun hikes which average 4-6 miles on easy to moderate terrain. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Demonstrate improved cardiovascular fitness and discuss the benefits of hiking, which can be performed throughout life for personal, recreational, and physical fitness purposes.

Measure of assessment: Pre and Post testing, Self assessment

2. Describe the importance of foot care, as well as layering for temperature and moisture management.

Measure of assessment: Discussion, Exam

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/9/2018

NOTE: The first class will meet at Gavilan. Each class will then meet at a predetermined site for a hike. This could include, but not be limited to: Sprig Lake, Uvas Reservoir, Calero, Anderson, Henry Coe, The Pinnacles, Coyote, and Mt. Madonna.

1.5 - 3 Hours

Content: Introduction to class requirements, including course syllabus, grading, and meeting sites for each class. Demonstrate various stretches and discuss the benefits of stretching as a warm-up. Pre-test: Students will complete a two-mile walk to determine their per-mile pace.

Student Performance Objectives: Demonstrate stretches appropriate as a warm-up for hiking and discuss the benefits of stretching. Participate in the pre-test.

1.5 - 3 Hours

Content: Meet at predetermined sites for hikes. As a part of pre-testing, each students' time will be recorded for the first hike. This will provide a baseline for their cardiovascular fitness. Presentation on foot care, including hiking boots, trail shoes, and socks.

Student Performance Objectives: Explain the difference between a good pair and a cheap pair of hiking socks. Describe how to select hiking boots/trail shoes appropriate for them. Complete the timed first hike pre-test.

3 - 6 Hours

Content: Meet at predetermined sites for instructor lead hikes. Discussion on the importance of water and staying hydrated. The benefits of being physically active will be discussed.

Student Performance Objectives: Determine how much water they will need to carry on each hike. Discuss the reasons for staying hydrated. List several benefits of physical activity.

3 - 6 Hours

Content: Meet at sites for instructor lead hikes which will be at lower elevations. For example, students hiking the right side of Sprig Lake would climb half way up the hill and then back down. Presentation on clothing, including layering.

Student Performance Objectives: Explain the benefits of layering, including temperature and moisture management.

4.5 - 9 Hours

Content: Meet at predetermined sites for hikes. Introduction on basic trail etiquette.

Student Performance Objectives: Participate in instructor lead hikes. Discuss basic trail etiquette.

4.5 - 9 Hours

Content: Meet at sites for hikes. Presentation on first aid. This may include: what should be carried in a first-aid kit, how to use the material in the kit, treatment of blisters, care of a sunburn, and dealing with dehydration.

Student Performance Objectives: List the items they would include when preparing their own first-aid kit. Explain how to treat minor first aid situations. Explain first aid treatment for blisters, sunburn, and minor sprains.

6 - 12 Hours

Content: Meet for instructor lead hikes at predetermined sites. Practical application of the material presented during class mini-lectures, such as stretching for warm-up, foot care, hydration, layering, and first-aid.

Continued discussion on the benefits of physical activity. Last hike off campus will be the same as the first hike so that it can be timed to help determine each students' cardiovascular fitness improvement.

Student Performance Objectives: Apply the information presented throughout the semester. Participate in a timed hike. Identify several benefits of being physically active.

1.5 - 3 Hours

Content: Meet at Gavilan for post-testing to determine improvement in their per-mile pace. Students will complete a two-mile walk to determine their per-mile pace improvement.

Student Performance Objectives: Participate in the post-test and analyze their cardiovascular fitness improvement. Complete a self assessment on the benefits of being physically active.

2 Hours

METHODS OF INSTRUCTION:

Demonstration, Presentations, Discussions, Small group interaction.

OUT OF CLASS ASSIGNMENTS

Required Outside Hours: 0

Assignment Description: As this is a lab course, no out of class assignments are required.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 0.00 %

This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily: Involves skill demonstrations or problem solving

Skill demonstrations

Percent of total grade: 40.00 %

40% - 60% Demonstration exams; Other: Pre and Post Testing

Other methods of evaluation

Percent of total grade: 40.00 %

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201470

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201470

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 74

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000550828

Sports/Physical Education Course: Y

Taxonomy of Program: 127000