Course Outline

COURSE: PE 74   DIVISION: 40   ALSO LISTED AS: KIN 74

TERM EFFECTIVE: Fall 2011   Inactive Course

SHORT TITLE: HIKING

LONG TITLE: Hiking

<table>
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<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>Lecture:</td>
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<td></td>
<td></td>
<td>Total:</td>
<td>1.5 OR 3</td>
<td>27 OR 54</td>
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COURSE DESCRIPTION:

Introduces the Santa Clara county parks, trails, and surrounding areas. Includes fun, challenging hikes which average 5-8 miles on moderate to steep terrain. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 74, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade
P - Pass/No Pass

REPEATABILITY: R - Course may be repeated
Maximum of 3 times

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. An improved cardiovascular fitness level will be demonstrated by the students.
ILO: 6,7
Measure: Pre and Post testing
2. Students will be able to describe the importance of foot care, as well as layering for temperature and moisture management.
ILO: 7,1,2
Measure: Oral report
3. First aid treatment for blisters, sunburn, and minor sprains will be explained by the students.
ILO: 2,1
Measure: Discussion
4. Through exposure to various hiking areas and the information provided, students will be able to practice a physical activity which can be performed throughout life for personal, recreational, and physical fitness purposes.
ILO: 6,4,1
Measure: Self assessment

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Inactive Course: 11/08/2010
This course is now listed as Kinesiology 74, effective Fall 2011.
Curriculum Approval Date: 03/27/2006
1.5-3 Hours
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 to avoid injury. Pre-test: Students will complete a two mile walk to determine their per-mile pace.
Student Performance Objectives: Students will be able to demonstrate stretches appropriate as a warm-up for hiking. They will complete the pre-test.
1.5-3 Hours
NOTE: The first class would meet at Gavilan. Each class would then meet at a predetermined site for a hike. This could include, but not be limited to: Sprig Lake, Uvas Reservoir, Calero, El Toro, Anderson, Henry Coe, The Pinnacles, Coyote, Fremont Peak, Chesbro Reservoir, and Mt. Madonna.
Meet at predetermined sites for a hike. Presentation on foot care, including hiking boots, trail shoes, and socks.
SPO: The difference between a good pair and a cheap pair of hiking socks will be explained by the students. They will also be able to describe how to select hiking boots/trail shoes appropriate for them.
3-6 Hours
Meet for hike at predetermined sites. Discussion on the importance of water and staying hydrated.
SPO: Utilizing the information presented in class, students will be able to determine how much water they will need to carry on each hike.
3-6 Hours
Meet at sites of hike. Presentation on clothing, including layering.
SPO: Students will be able to explain the benefits of layering,
including temperature and moisture management.

4.5-9 Hours
Meet at predetermined sites for a hike. Information will be provided on trail etiquette, such as monitoring your noise level, sharing the trail, and leaving the area in the same (or better) condition it was found.
SPO: The importance of trail etiquette will be described and practiced by the students.

4.5-9 Hours
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.
SPO: Students will be able to list the items they would include when preparing their own first-aid kit. They will also be able to explain how to treat minor first aid situations.

6-12 Hours
Meet for hikes at predetermined sites. Practical application of the material presented during class mini-lectures.
SPO: The information presented throughout the semester will be applied by the students.

1.5-3 Hours
Meet at Gavilan for post-test. Students will complete a two-mile walk to determine their per-mile pace improvement.
SPO: Students will complete the post-test and analyze their cardiovascular fitness improvement.

2 Hours
Final.

Note:
Students who repeat the class will have the opportunity to improve their fitness level. This can be accomplished in a variety of methods, such as decreasing their time per mile and/or increasing the distance hiked. The student’s skills or proficiencies will be enhanced by supervised repetition and practice.

METHODS OF INSTRUCTION:
Demonstration, Presentations, Discussions, Small group interaction.

METHODS OF EVALUATION:
This is a degree-applicable course, but substantial writing assignments are NOT appropriate, because the course primarily: Involves skill demonstrations or problem solving
The problem-solving assignments required: None
The types of skill demonstrations required: Performance exams
Other: Pre and Post Testing
The types of objective examinations used in the course:
None

Other category:

Class participation is required.

The basis for assigning students grades in the course:
Writing assignments: 0% - 0%
Problem-solving demonstrations: 0% - 0%
Skill demonstrations: 40% - 60%
Objective examinations: 0% - 0%
Other methods of evaluation: 40% - 60%

REPRESENTATIVE TEXTBOOKS:
"Day Hiker's Handbook" by Michael Lanza published by The Mountaineers Books 2003, or other appropriate college level text.
Reading level of text: 10th grade. Verified by: Dana Young

ARTICULATION and CERTIFICATE INFORMATION
Associate Degree:
  GAV E1, effective 200730
CSU GE:
  CSU E1, effective 200730
IGETC:
CSU TRANSFER:
  Transferable CSU, effective 200730
UC TRANSFER:
  Transferable UC, effective 200730

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: I
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PE
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: CCC000435865
Sports/Physical Education Course: Y
Taxonomy of Program: 083500

11/7/2012