

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**SHORT TITLE:** HIKING

**LONG TITLE:** Hiking

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

**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

