

### Course Outline

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

**TERM EFFECTIVE:** Spring 2014                      **CURRICULUM APPROVAL DATE:** 05/13/2013

**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 and San Benito County parks, trails, and surrounding areas. Includes fun, challenging hikes which average 5 - 8 miles on moderate to steep terrain. This course has the option of a letter grade or pass/no pass. Previously listed as PE 74.

**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

#### **STUDENT LEARNING OUTCOMES:**

1. Demonstrate improved cardiovascular fitness.

Measure: Pre and Post testing

PLO: 2

ILO: 6,7

GE-LO: E1

Year Assessed: Fall 2010

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

Measure: Oral report

PLO: 2,4

ILO: 7,1,2

GE-LO: A1,A2

Year Assessed:

3. Explain first aid treatment for blisters, sunburn, and minor sprains.

Measure: Discussion

PLO: 2,4

ILO: 2,1

GE-LO: A1,A2

Year Assessed:

4. Discuss the benefits of this physical activity, which can be performed throughout life for personal, recreational, and physical fitness purposes.

Measure: Self assessment

PLO: 2

ILO: 6,4,1

GE-LO: A2,E1

Year Assessed: Fall 2010

5. Identify, explain and follow basic trail maps and trail markers.

Measure: Discussion, performance

PLO: 4

ILO: 7,2,1

GE-LO: A1,A2,A7

Year Assessed:

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

Curriculum Approval Date: 05/13/2013

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, Anderson, Henry Coe, The Pinnacles, Coyote, and Mt. Madonna.

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. Pre-test: Students will complete a two-mile walk to determine their per-mile pace.

Student Performance Objectives: Students will demonstrate stretches appropriate as a warm-up for hiking and discuss the benefits of stretching. They will complete the pre-test.

1.5 - 3 Hours: Meet at predetermined sites for a hike. Presentation on foot care, including hiking boots, trail shoes, and socks. Information on how to read the trail map for this site will be explained. As the class comes upon various trail markers during the hike, they will be pointed out, explained and discussed.

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. The student will describe the purpose of a trail map. They will explain the purpose of various trail markers.

3 - 6 Hours: Meet for hike at predetermined sites. Discussion on the importance of water and staying hydrated. The benefits of being physically active will be discussed. Trail maps for various hikes will be provided and explained. As the class comes upon various trail markers they will identify its purpose and discuss how to read the markings.

SPO: Utilizing the information presented in class, students will be able to determine how much water they will need to carry on each hike. They will discuss the reasons for staying hydrated. They will list several benefits of physical activity. Students will identify and follow various trail maps and trail markers. They will be able to compare the trail marker to those listed on the map and explain its purpose.

3 - 6 Hours: Meet at sites of hike. Presentation on clothing, including layering. Continue providing information on trail maps, their function and purpose, and trail markers.

SPO: Students will be able to explain the benefits of layering, including temperature and moisture management. They will be able to identify and state the purpose of various trail markers and show where they appear on the trail map.

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. Trail maps will be provided and trail markers will continue to be identified and explained.

SPO: The importance of trail etiquette will be described and practiced by the students. They will utilize trail maps and identify and follow trail markers.

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. Trail maps will be provided and trail markers will continue to be identified and explained.

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. Students will utilize trail maps and identify and follow trail markers.

6 - 12 Hours: Meet for hikes at predetermined sites. Practical application of the material presented during class mini-lectures, including the use of trail maps and trail markers. Continued discussion on the benefits of physical activity.

SPO: The information presented throughout the semester will be applied by the students, including the use of trail maps and trail markers. They will identify several benefits of being physically active.

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. They will complete a self assessment on the benefits of being physically active.

2 Hours: Final.

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%

**JUSTIFICATION:**

The department is requesting a name change, from the Physical Education and Athletics Department to the Department of Kinesiology and Athletics.

The reasons for this action include:

- 1) A desire to follow suit with the 4-year colleges and universities.
- 2) A trend in the field. Community colleges are moving in this direction with Cabrillo College already taking this action. Others such as Sacramento City College, Mission College, and Diablo Valley College are also in the process of changing their name as well. Gavilan College can be a leader in this trend.
- 3) This more closely describes what our profession is about.  
"Kinesiology is the academic discipline concerned with the art and science of human movement."
- 4) The state academic senate has proposed that Kinesiology and Exercise Science majors be added to the Disciplines List so they have recognized the move in this direction.
- 5) Over recent years, there have been discussions within the State regarding the need to streamline Physical Education as a discipline. This would help with the negative connotation that is often identified with this discipline. Gavilan College has worked hard to modify our programs to meet State requirements for our major. The name change would be another step in the right direction.

## **REPRESENTATIVE TEXTBOOKS:**

## **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

GAV E1, effective 201170

CSU GE:

CSU E1, effective 201170

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

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: 1

Minimum Hours: .5

Course Control Number: CCC000528330

Sports/Physical Education Course: Y

Taxonomy of Program: 127000