

Course Outline

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

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

SHORT TITLE: HIKING - LEVEL 2

LONG TITLE: Hiking - Level 2

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, challenging hikes which average 6-8 miles on moderate to steep 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.

Measure of assessment: Pre and Post testing

2. Identify, explain and follow trail maps and trail markers.

Measure of assessment: Discussion, Demonstration

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. Review of various stretches and the importance of stretching as a warm-up as presented in level 1.

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

Student Performance Objectives: Lead the class in various stretches appropriate as a warm-up for hiking. Complete the pre-test.

1.5 - 3 Hours

Content: Meet at predetermined sites for hikes. Review on foot care as presented in level 1. 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. As a part of pre-testing each students' time will be recorded for the first hike, which will be of longer duration and a greater elevation gain than performed at level 1. This will provide a baseline for their cardiovascular fitness.

Student Performance Objectives: Describe the purpose of a trail map. Explain the purpose of various trail markers. Participate in pre-testing.

3 - 6 Hours

Content: Meet for hikes at predetermined sites. Discussion on various packs that can be used for helping the student maintain hydration, such as CamelBaks. Trail maps for various hikes will be provided and explained, including how to identify elevations and mileage. As the class comes upon various trail markers they will identify its purpose and discuss how to read the markings.

Student Performance Objectives: Identify and follow various trail maps and trail markers. Explain how to identify elevation gains and mileage. Compare the trail marker to those listed on the map and explain its purpose.

3 - 6 Hours

Content: Meet at sites of hikes. Review on clothing, including layering, as presented in level 1. Continue providing information on trail maps, their function and purpose, and trail markers.

Student Performance Objectives: Discuss the benefits of layering with level 1 participants. Identify and state the purpose of various trail markers and show where they appear on the trail map.

4.5 - 9 Hours

Content: Meet at predetermined sites for hikes that will be at a higher elevation and longer in distance. For example, students hiking the right side of Sprig Lake would climb all the way up and then back down the entire hill. 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 as it was found. Trail maps will be provided and trail markers will continue to be identified and explained.

Student Performance Objectives: Describe and practice the importance of trail etiquette. Discuss and utilize hiking trail etiquette. Utilize trail maps and identify and follow trail markers.

4.5 - 9 Hours

Content: Meet at sites for hikes. Review of first aid information presented in level 1. Trail maps will be provided and trail markers will continue to be identified and explained. Presentation on day packs, waist packs, and other hiking gear.

Student Performance Objectives: Explain a variety of first aid treatments. Utilize trail maps and identify and follow trail markers. Discuss various packs that can be utilized by hikers.

6 - 12 Hours

Content: Meet for hikes, which will be of greater elevation gain and distance, at predetermined sites. Practical application of the material presented during class mini-lectures, including the use of trail etiquette, trail maps, and trail markers. The last hike 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, including the use of trail etiquette, trail maps, and trail markers. Participate in a timed hike.

1.5 - 3 Hours

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

Student Performance Objectives: Complete the post-test and analyze their cardiovascular fitness improvement based on their per-mile pace and their timed hikes.

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:

No textbook required for this lab class. Handouts will be provided as needed.

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: 74A

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: CCC000550827

Sports/Physical Education Course: Y

Taxonomy of Program: 127000