

# KIN A124: HIKING

Item	Value
Curriculum Committee Approval Date	04/12/2023
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

## Course Description

Instruction and practice in basic knowledge of and exposure to a variety of trails around Costa Mesa while learning about trail etiquette, mental strength techniques, safe movement patterns, nutrition, and the basic gear necessary for trail hiking. Trail awareness, safety and risk awareness, maintenance of environment and trails, terrain recognition and navigation, and proper hydration will be discussed and experienced. Students are responsible for their own transportation to local hiking trails. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Demonstrate the ability to hike two types of trails and contrast aspects of trail awareness between the two types.
2. Explain trail etiquette, safety issues, and risk factors in trail hiking.

## Course Objectives

- 1. Demonstrate basic knowledge of successfully navigating trails with differing terrain;
- 2. Model the fundamentals of health-related fitness of cardiovascular endurance, muscle strength and endurance, and flexibility while hiking;
- 3. Show directional awareness, proper use of maps, applications of GPS;
- 4. Explain fundamentals of trail awareness, safety and risk awareness while hiking;
- 5. Show competence in hiking rocky terrain while maintaining a safe practices;
- 6. Explain and demonstrate the process of maintaining a safe and secure trail;
- 7. Show proper nutrition and hydration while engaging in strenuous hiking activities.

## Lecture Content

Types of terrain within local area Fitness development and nutrition  
Hiking Equipment Etiquette Terrain maintenance Safety and risk assessment Footwear Basic first aid

## Lab Content

A. Hiking various terrains B. Use of maps, compass, and GPS system  
C. Proper movements and foot placement in various terrains D. Use of footwear and care of feet -theme-font: minor-latin; mso-bidi-font-family: Calibri; mso-bidi-theme-font: minor-latin;">E. Identify safety aspects of various terrains F. Track steps, progress, and stamina

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lectures, instructor demonstrations, instructor feedback and evaluation, handouts and discussions.

## Reading Assignments

Students will spend approximately 1 hour a week reading from instructor handouts or self-directed readings related to the topic.

## Writing Assignments

Students will spend approximately 3 hours a week in conditioning programs outside of class meetings

## Out-of-class Assignments

Research on hiking options. Continued practice of hiking various terrains. Continued practice of counting steps. Study maps and distances.

## Demonstration of Critical Thinking

Performance of hiking skills, skills tests, and written test on etiquette, hiking gear, and safety.

## Required Writing, Problem Solving, Skills Demonstration

Performance of hiking various terrains, skills tests, and written test on safety, wildlife, and terrain maintenance.

## Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.

## Other Resources

1. Selected handout materials to be provided and distributed by the instructor.