



PE 1535

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1535

Title: Backpacking

Catalog Description:

In this course students develop minimum impact camping techniques. They learn about environmental awareness and preservation ethics, and techniques and skills needed to plan and conduct a successful and safe backpacking trip. This course may be repeated for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring, Summer

Credit/Time Requirement: Credit: 3; Lecture: 2; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Credit/Clock Comments: Lab hours represent a 3- to 4-day field trip.

Corequisites: During Maymester only: PE 1505 and PE 1527

Justification:

Lifetime recreational activities such as backpacking develop physical skills that form the basis of a healthful life-style. This is important in a society with so many health dangers due to sedentary life-styles.

This course fulfills elective credit at the University of Utah (PRT 1220), Utah State University (PE 1650), and Weber State University (Rec. 3600).

Student Learning Outcomes:

Students will demonstrate experiential learning by showing their ability to

- do outdoor cooking
- do pre-trip planning, shown by their preparedness with clothing and equipment, first aid kit and ten essentials
- utilize map and compass to travel
- use personal and group dynamic skills to travel safely in the back-country
- demonstrate minimum impact camping techniques by choosing camping sites, cooking, sleeping areas, and personal hygiene that utilize the "leave no trace" ethics learned in class.

Content:

- Minimum Impact Camping Techniques
- Safety:

- Reducing effects of objective and subjective hazards
- Dressing for varying conditions
- First aid kit preparation and application
- Skills:
 - Knots
 - Map and Compass
 - Time control plans
 - GPS
 - Travel techniques
- Cooking and Diet Planning
- Equipment
- Weather

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Backpacking is an excellent lifetime leisure activity. It requires one to have a moderate degree of strength and fitness. Therefore, if a person enjoys backpacking it motivates them to develop and maintain fitness. The activity itself helps with the ongoing process of staying in shape. The health benefits of maintaining good fitness throughout life are well documented.

Key Performance Indicators:

All percentages are approximate.

Written Final Exam (cognitive achievement, demonstration of practical skills): 20%

First aid kit and 10 essentials: 10%

Class attendance: 30%

Field trip: 40%

Representative Text and/or Supplies:

O'Bannen, Allen and Clelland, Mike. *Allen and Mike's Really Cool Backpackin' Book* , The Globle Pequot Press. Current edition.

First Aid: The Mountaineers.

Optimum Class Size: 12

Maximum Class Size: 20

Signatures:

I hereby submit this course syllabus:

Elliot Anderson, ,

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)