

CATALOG INFORMATION

Dept and Nbr: KFIT 59

Title: INTRO TO HIKING

Full Title: Introduction to Hiking

Last Reviewed: 10/23/2023

| Units   |      | Course Hours per Week |      | Nbr of Weeks | Course Hours Total |       |
|---------|------|-----------------------|------|--------------|--------------------|-------|
| Maximum | 1.50 | Lecture Scheduled     | 0    | 17.5         | Lecture Scheduled  | 0     |
| Minimum | 1.00 | Lab Scheduled         | 3.00 | 6            | Lab Scheduled      | 52.50 |
|         |      | Contact DHR           | 0    |              | Contact DHR        | 0     |
|         |      | Contact Total         | 3.00 |              | Contact Total      | 52.50 |
|         |      | Non-contact DHR       | 0    |              | Non-contact DHR    | 0     |

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**  
An introductory hiking class that prepares students to learn hiking skills, techniques, and appropriate gear to safely hike and progress in a weekly hiking program based on personal fitness level.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: An introductory hiking class that prepares students to learn hiking skills, techniques, and appropriate gear to safely hike and progress in a weekly hiking program based on personal fitness level. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:

Transfer Credit: CSU;  
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

|                      |                      |                      |           |
|----------------------|----------------------|----------------------|-----------|
| <b>AS Degree:</b>    | <b>Area</b>          | Effective:           | Inactive: |
| <b>CSU GE:</b>       | <b>Transfer Area</b> | Effective:           | Inactive: |
| <b>IGETC:</b>        | <b>Transfer Area</b> | Effective:           | Inactive: |
| <b>CSU Transfer:</b> | Transferable         | Effective: Fall 2024 | Inactive: |
| <b>UC Transfer:</b>  |                      | Effective:           | Inactive: |

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Describe the appropriate skills, techniques, and gear for introductory-level hiking trails.
2. Develop a hiking safety plan and routine to execute for the class.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Identify introductory level trails at local parks or outdoor areas.
2. Apply knowledge of the fundamentals of health-related fitness and proper progression toward developing a hiking routine.
3. Demonstrate appropriate park rules and trail etiquette.
4. Identify the safety issues associated with outdoor hiking.
5. Identify and explain how the body responds during physical activity through hiking.
6. Utilize proper body mechanics and technical hiking skills for safety and fitness development.
7. Identify and utilize appropriating hiking gear and footwear.

### **Topics and Scope:**

#### **I. Identify Introductory-Level Trails**

- A. Local parks
- B. Outdoor areas
- C. Hiking apps
- D. Hiking resources

#### **II. Developing a Introductory Hiking Routine**

- A. Health-related physical fitness
- B. Proper progression
- C. Fitness apps to record hiking routine
- D. Documenting date and distance

#### **III. Demonstrate Appropriate Park Rules and Trail Etiquette**

#### **IV. Technical Hiking Skills and Body Mechanics for Safety and Fitness Development**

- A. Skill related competencies
  - B. Concepts
  - C. Strategies
  - D. Posture
  - E. Overstriding
  - F. Understriding
  - G. Flapping feet
  - H. Arm swing
- V. Safety Issues with Outdoor Hiking
- A. Time of day
  - B. Phone
  - C. Distance
  - D. Buddy system
  - E. Weather
  - F. Nutrition and hydration
  - G. Proper clothing and footwear
  - H. Wildlife encounters

### Assignment:

1. Hiking logs
2. Written hiking routine with progressions of distance
3. Quizzes or Exams
4. Performance and self-evaluation exam

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Hiking log; written hiking routine with progressions of distance

Writing  
10 - 15%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance and self-evaluation exam

Skill Demonstrations  
10 - 20%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes or Exams

Exams  
5 - 15%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

|                              |
|------------------------------|
| Attendance and Participation |
|------------------------------|

|                            |
|----------------------------|
| Other Category<br>50 - 60% |
|----------------------------|

**Representative Textbooks and Materials:**

ACSM's Complete Guide to Fitness & Health 2nd ed. Bushman, Barbara. Human Kinetics. 2017 (classic).