

**KFIT 9.2 Course Outline as of Fall 2025****CATALOG INFORMATION**

Dept and Nbr: KFIT 9.2            Title: INTERMEDIATE HIKING  
 Full Title: Intermediate 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: KFIT 59.2

**Catalog Description:**

An intermediate-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 intermediate-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;UC.

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>	Transferable	Effective:	Fall 2025	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 intermediate level hiking trails.
2. Develop hiking safety plan and intermediate level routine to execute for the class.

### **Objectives:**

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

1. Identify intermediate-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 Intermediate-Level Trails**

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

#### **II. Developing a Intermediate-Level 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  
50 - 60%

**Representative Textbooks and Materials:**

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