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:

AS Degree:	**Area**			Effective:	Inactive:
	L8	Student Success and Wellness		Fall 2025	
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2024	Inactive:	
UC Transfer:	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).