PHED 23B: DAY HIKING

**Foothill College Course Outline of Record**

<table>
<thead>
<tr>
<th>Heading</th>
<th>Value</th>
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<tbody>
<tr>
<td>Effective Term</td>
<td>Summer 2023</td>
</tr>
<tr>
<td>Units</td>
<td>1</td>
</tr>
<tr>
<td>Hours</td>
<td>3 laboratory per week (36 total per quarter)</td>
</tr>
<tr>
<td>Advisory</td>
<td>This course is included in the Cardio Fitness family of activity courses.</td>
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<tr>
<td>Degree &amp; Credit Status</td>
<td>Degree-Applicable Credit Course</td>
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<tr>
<td>Foothill GE</td>
<td>Area VII: Lifelong Learning</td>
</tr>
<tr>
<td>Transferable</td>
<td>CSU/UC</td>
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<tr>
<td>Grade Type</td>
<td>Letter Grade (Request for Pass/No Pass)</td>
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<tr>
<td>Repeatability</td>
<td>Not Repeatable</td>
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**Student Learning Outcomes**

- Identify the components of fitness and create a hiking program to meet personal fitness goals.
- Demonstrate efficient hiking technique, use of 10 essentials (gear) and leave no trace principles.

**Description**

A hiking course that prepares healthy, fit individuals for a final 8-12 mile hike on established trails over moderate to steep terrain.

**Course Objectives**

The student will be able to:

a. Identify and explain fitness components related to day hiking
b. Name common hiking injuries and explain prevention, symptoms, and care of common injuries
c. Describe equipment needs and list the "10 essentials" every hiker should carry
d. Recognize the health benefits of hiking
e. Discuss components that affect pace on flat, uphill, downhill, uneven terrain
f. Explain environmental concerns, both ethics of minimum impact hiking and health hazards for a day-long hike
g. Navigate on marked trails
h. Incorporate planning, preparing, and day hiking as a lifestyle choice for enjoyment and health benefits
i. Recognize the value of minimum impact by also participating in a one-day trail maintenance, park clean-up, or related park volunteer project

**Course Content**

a. Fitness components and day hiking
   i. F.I.T.T. principle
   ii. Strength (leg and core) for climbing moderate to steep elevations
   iii. Cardio and muscular endurance for sustained pace for up to five hours with several short rest periods
   iv. Core strength for packing required essential gear without strain or discomfort
   v. Flexibility for negotiating overgrown trails, rocks, water crossings, downed trees
   vi. Body weight management and nutrition/hydration needs for day hike
b. Common hiking injuries and care of injury
   i. Ankle sprains and strains and blisters
      1. P.R.I.C.E.
      2. Basic splinting and square knot
   ii. Dehydration
   iii. Hypothermia/hyperthermia
   iv. Sunburn
   v. Allergies to poisonous plants and insects
c. Equipment needs and 10 essentials
   i. Equipment needs depend on hike location (e.g., mountains, ocean, desert, altitude, wilderness, open space), length of planned hike, time of year, fitness level of hiker, weather patterns
   ii. 10 essentials: extra food, extra clothing, map and compass, water, sunglasses, flash light, first aid kit, pocket knife, waterproof matches, candle or fire starter
d. Pace
   i. Fitness level
   ii. Pack weight
   iii. Elevation gain or loss
   iv. Level vs. uneven terrain
   v. Weather and trail conditions
   vi. Individual energy level, hydration, nutrition on the day of hike
e. Minimum impact
   i. "Leave no trace": pack it in, pack it out
   ii. Stay on marked trails even when trails are muddy; spread out if cross country hiking
   iii. Respect and expect to share trails with other park visitors, plants, animals, environment
f. Navigation
   i. Basic map skills for marked trails
   ii. Identify topographic symbols and describe a "virtual hike"
g. Planning a day hike
   i. Determine park(s) and type of hike: loop, out and back, or one-way "through" hike
   ii. Set a date for hike
   iii. Create training hike schedule and choose hiking partners
   iv. Determine equipment needs, fees, transportation for day of day hike

**Lab Content**

Lab content may include but is not limited to:

a. F.I.T.T. principle
b. "Leave no trace"
c. Planning a day hike

**Special Facilities and/or Equipment**

1. Day-pack, 10 essentials, first aid kit.
2. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

Method(s) of Evaluation
Methods of Evaluation may include but are not limited to the following:

Hiking skills, minimum impact, safety techniques, and preparation will be assessed by direct instructor observation and one-on-one as well as group discussions.
Two take-home assignments; students choose from list of various worksheets.
One group project: plan and lead a day hike; small group of 3-4 students work together to complete project.

Method(s) of Instruction
Methods of Instruction may include but are not limited to the following:

Group discussions
Take-home quizzes
Group project

Representative Text(s) and Other Materials


Although some texts are older than the "5 years or newer" text standard, they remain seminal texts in this area of study.

Handouts and current website links will be provided each quarter.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

a. Take-home worksheets and quizzes

Discipline(s)
Physical Education