

Course Code & No. - Section: PHED 132 - Section 1
Course Title (Credits): Hiking & Trekking (1)
Term & Year: Fall / 2015
Course Ref. No. (CRN): 80009

Instructor: Will Hoida
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Office: Patterson 208
Office Hours: T 11:00am - noon and by appointment.

Class Meeting Time: Hike number one is on Sunday, September 13th, from 9:30am to 5pm and hike number two is on Sunday, October 18th, also from 9:30am to 5pm.

Location: Patterson Lobby

Prerequisites: Must be able to hike uphill over uneven terrain at extreme elevation carry a day pack for seven hours at a time and still have a good attitude!

Course Description

This course takes students on two separate days hikes in the Tahoe Basin. A strong emphasis is placed on trail etiquette and safety while traveling in a wilderness setting, with some additional instruction on trip planning, basic navigation, proper hydration/nutrition, water filtration and equipment/clothing selection.

Student Outcomes

Upon successful completion of this course, a student should be able to:

1. Safely navigate a single track backcountry trail.
2. Recognize and read trail features and hazards.
3. Identify the various pieces of essential hiking equipment and how to use them in the backcountry.
4. Following proper hiking etiquette while on trail.
5. Treat water sources in the backcountry.
6. Introduction to the seven principles of LNT

Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

1. Attendance and participation in both day hikes is mandatory.
2. Willingness to both attempt and complete both trails while maintaining a good attitude.
3. Ability to identify hiking equipment and use it properly in the field.
4. Completion of individual assignments/presentations on: Hydration/nutrition, mountain weather, blister care, elevation, pooping & peeing, hiking in a group, water purification, Tahoe wildlife, Tahoe natural history, and clothing/sun protection.

Instructional Strategies

This class will utilize on trail experiences over the course of two Saturday day hikes to learn the basics of traveling in the backcountry. Safety, trail etiquette, LNT, equipment maintenance, proper nutrition/hydration and hiking technique will be covered presented during the first hike by instructor and then reviewed through individual presentations on the second hike.

Attendance

In order for students to receive credit for this class they need to attend both Saturday hikes.

Class Requirements

Students should show up at Patterson Lobby at 9:30 am sharp, with all their personal gear, including two water bottles and a lunch, and ready to help load up the vehicles.

Grading Policy

Students who attend 15 hours of scheduled class time and participate with a good attitude, and complete their presentation assignment will receive a passing grade in the class.

Mandatory Special Accommodations (ADA) Statement

“Academic Accommodations: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, contact the Director of Student Services (Prim Library room 323) at (775) 831-1314 x7534 within the first week of the semester.”

Class Schedule

Sept. 13 th	Meet in Patterson lobby at 9:30am and depart for trail head.
Oct. 18 th	Meet in Patterson lobby at 9:30am and depart for trail head.

Here is a list of what you need to bring:

- Rain/Wind jacket
- Warm hat
- Warm gloves
- Sun hat
- Comfortable hiking shoes or boots (No vans, sandals, etc.)
- Lunch
- Snacks to share
- Two 1-liter water bottles filled
- Sun screen
- Chap-stick
- Headlamp
- Daypack (To hold everything)
- Camera...this is a must!!!
- Smile