

Welcome to Introduction to Mountaineering

Course Code & No. – Section: PHED 137
Course Title (Credits): Mountaineering (1)
Term & Year: Fall 2014
Course Ref. No. (CRN): 80285

Instructor: Ms. Katie Zanto
Phone(s): X7529
Email: kzanto@sierranevada.edu
Office: Prim Library 2nd floor above Coffee Shop
Office Hours: TBA

Class Meeting Time: Friday September 3-5 pm, Saturday September 13: 7am-all day, Sunday Sept 14: 7am-all day
Location: Patterson Hall Dining Hall for Friday meeting. In the Field: Saturday and Sunday

Course Description: This course is an introduction to mountaineering. We will cover preparation for climbing mountains, safety issues, navigation and route finding. Our first meeting will be classroom based, as we prepare for our expeditions over the weekend. The weekend course will involve climbing two separate peaks.

Requirements: Please come prepared for hard physical exertion, and plan on giving the entire day both weekend days to summit and descend the peaks. You will need trail shoes, ideally boots with ankle support, long pants, and warm clothes. (see clothing list below). You will also need your own transportation to our trailheads. Do not be late! You will get credit only if you attend all classes. It is not currently scheduled as an overnight course, although you can plan to camp out between Saturday and Sunday if you wish.

Clothing List	Other Items
Warm hat	Backpack
Wind Jacket	Sunglasses
Long underwear top	2 liters (quarts) of water
Warm Layer (fleece or puffball)	Camera
Shorts/ t-shirt	compass
Long Pants (ideally not cotton)	Food- to keep you going all day
Hiking shoes/ socks	Ex: power/ cliff bars, pb&j sandwich, snack, dried fruit, something to share

Student Outcomes

Upon successful completion of this course, a student will be able to: (for example)

1. Navigate off trail terrain
2. Apply basic skills of map and compass
3. Work as a teammate for two strenuous field expeditions
4. Articulate route navigation decisions

Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following: Map activities

1. Hiking and climbing over trail and off trail terrain.

Instructional Strategies

This class will utilize a two hour instructional block to cover basic concepts and skills of mountaineering, including defining mountaineering, discussing equipment lists, and practicing map and compass. The class will then utilize two long field days as we attempt to climb two peaks.

Required Texts and Materials

1. *The Freedom of the Hills* Handout

Attendance

You must attend all classes for credit.

Class Requirements

See equipment list above.

Sanctions for Cheating and/or Plagiarism

The Honor Code

The faculty of SNC believes students must be held to high standards of integrity in all aspects of college life in order to promote the educational mission of the College and to encourage respect for the rights of others. Each student brings to the SNC community unique skills, talents, values and experiences which, when expressed within the community, contribute to the quality of the educational environment and the growth and development of the individual. Students share with members of the faculty, administration and staff the responsibility for creating and maintaining an environment conducive to learning and personal development, where actions are guided by mutual respect, integrity, responsibility and trust. The faculty and students alike must make diligent efforts to ensure high standards are upheld by their colleagues and peers as well as themselves. Therefore faculty and students accept responsibility for maintaining these standards at Sierra Nevada College and are obligated to comply with its regulations and procedures, which they are expected to read and understand.

Consequences of Violating the Student Honor Code

SNC students and faculty share the responsibility for maintaining an environment of academic honesty. Thus, all are responsible for knowing and abiding by the SNC Faculty/Student Honor Code published in the current SNC Catalog. Faculty are responsible for presenting the Honor Code and the consequences of violating it to students at the start of their classes AND for reporting all incidences of academic dishonesty to the Provost. Students are responsible for knowing what constitutes CHEATING, PLAGIARISM and FABRICATION and for refraining from these and other forms of academic dishonesty. Violations of the Honor Code become part of a student's academic record.

1st Offense: Student receives a zero for assignment/exam and counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

2nd Offense: Student fails course and receives counseling with faculty on the honor code, consequences for violating the honor code, and the value of academic honesty in learning.

3rd Offense: Student is expelled

Grading Policy

Pass/ Fail. You must attend all classes to pass.

ADA 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, please contact the Director of Academic Support Services, Henry Conover, at (775) 831-1314 x7534, hconover@sierranevada.edu or go to the OASIS offices on the third floor of Prim Library within the first week of the semester.

The SNC Email System

The SNC email system is the official communication vehicle among students, faculty members and administrative staff and is designed to protect the confidentiality of student information as required by the Family Educational Rights and Privacy Act of 1974 Act (FERPA). Students should check their college email accounts daily during the school year.

Students have a right to forward their SNC e-mail to another e-mail account (for example, @hotmail or @gmail). However, confidentiality of student information protected by FERPA cannot be guaranteed for SNC e-mail forwarded to an outside vendor. Having email redirected does not absolve a student from the responsibilities associated with official communication sent to his or her SNC email account.

The College Mission Statement:

Sierra Nevada College graduates will be educated to be scholars of and contributors to a sustainable world. Sierra Nevada College combines the liberal arts and professional preparedness through an interdisciplinary curriculum that emphasizes entrepreneurial thinking and environmental, social, economic and educational sustainability.

The College Core Themes:

Liberal Arts, Professional Preparedness, Entrepreneurial Thinking, Sustainability