

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: RECR/FITN 160

Year: 2023-2024

Course Title: Backpacking

Credit Hours: 1

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

Covers the fundamentals of backpacking as a lifetime leisure activity including backpacking specific techniques, skills, information and a practical experience. Includes a mandatory weekend backpacking trip. Additional fee required. Prerequisites: Prior completion or concurrent enrollment in MATH 090, ENGL 099, and RDNG 099 if required by placement testing. 1 Cr. (2 Lab.) Fall and spring semesters.

Course Context/Audience

This course provides students with necessary outdoor skills in the sport of backpacking. It can be used by Outdoor Recreation majors to fulfill an outdoor activity elective requirement. The course emphasizes development of the student's proficiency, competency and leadership abilities in a skill/knowledge area of outdoor recreation. It is open to students in other programs who can use it to fulfill the fitness or unrestricted elective requirements for their major. A complete health physical by a licensed physician is recommended for all physical activities including this course.

Basic Skills/Entry Level Expectations

Writing: W1 Student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.

Math: M1 Taking MATH 090 (if needed) – Course requires limited use of very basic mathematical skills.

Reading: R1 Course may be taken concurrently with RDNG 099.

Course Goals

1. Students who completes this course will be able to appropriately employ the following skills and techniques: Low impact camping, camp site selection and set-up, stove lighting and safety, stove maintenance, meal planning and food preparation, backcountry sanitation and hygiene, first aid, water treatment, tent pitching, and properly packing a backpack.
2. Students will understand and be able to apply the following concepts: Dressing in layers in preparation for various weather conditions, prevention and treatment of hypothermia, trip planning, proper nutrition for strenuous activities, safe off trail travel, and trail etiquette.
3. Students will be able to explain and demonstrate the proper use and care for equipment that is used for outdoor recreation activities.

4. Students will learn and be able to utilize backcountry navigation techniques.
5. Students will be able to compare and contrast various models of tents, packs, sleeping bags, and stoves.
6. Students will be able to explain the value, meaning, and benefits of backpacking in their life, specifically as it relates to their life goals.
7. Students will be able to organize, plan, prepare for, and implement a backpacking trip following guidelines set forth in class.
8. Students will demonstrate, practice, and role model the Leave-No-Trace ethics and up-to-date guidelines for outdoor recreation throughout their lives.
9. Students will be able to write emergency action plans for backpacking trips and will demonstrate first aid techniques specific to backpacking emergencies.
10. Student will demonstrate respect for the communities visited on the class trip.

Course Objectives/Topics

| Objective/Topic | % Course |
|---|----------|
| Students will learn and practice a set of base backpacking skills. | 10-20% |
| Students will demonstrate proper and ethical backcountry navigation. | 10-20% |
| Students will demonstrate proper care and use of specific backpacking equipment | 5-10% |
| Students will plan and participate in a weekend backpacking trip. | 20-50% |
| Students will learn, apply and promote outdoor recreation ethics. | 10-20% |

General Education Goals - Critical Thinking & Social/Global Awareness

| CRITICAL THINKING OUTCOMES | HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes) |
|--|---|
| <p>Students will be able to</p> <ul style="list-style-type: none"> ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others. | <p>The inherent nature of this class is for students to learn material in class, combine this new information with past experiences and knowledge, and apply this new understandings and philosophies within their field work exercises. Student, while participating in the field experience, will be challenged with problems and will be required to make decisions in regards to the health of the group and daily situations. They will apply several problem solving skills as a group to reach consensus on the solutions to said problems.</p> <p>Students will conduct research on Backpacking related topics using a variety of sources, analyze the information within these sources, and report their findings to the class. Students must research information (Group size, laws, regulations, climate, and etc) about the location of the extended field experiences and report this information to class.</p> <p>Living and participating in a small group experience, students will be subject to different viewpoints of themselves and other people. Other people include first their group and secondly other user groups in the area.</p> |

| SOCIAL/GLOBAL AWARENESS OUTCOMES | HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes) |
|--|--|
| <ul style="list-style-type: none"> ➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences. | <p>By visiting field locations, students will learn how such areas impact their lives and are connected to their livelihood even though they are just visitors. Students, in the classroom and in the field, will work and participate in small groups. To succeed in these social environments, they must understand their own perspective as well as be willing to learn from others in their small group.</p> <p>Living, working and participating in a small group setting in the outdoors, a student can appreciate the team work and group effort necessary to complete their goals while participating in an outdoor recreational activity and rely on the group to fulfill basic human needs.</p> <p>Physical, biological, and psychological carrying capacities of specific areas will be discussed and observed. Students will be able to identify the economic consequences of their actions and other visitor actions within these specific areas.</p> <p>Traveling into environmentally sensitive areas such as NY State Forest Lands and other Wilderness Areas requires a heightened environmental awareness as not to leave an impact. Students will follow Leave No Trace Guidelines and take all necessary steps to minimize environmental impact. Discussed, demonstrated, and explained during the classroom experience.</p> |

Instructional Methods

Appropriate instructional activities/methods include in class exercises, group field experience (Backpacking trip, outside map and compass practice, and in-class group work.

Methods of Assessment/Evaluation

| Method | % Course Grade |
|---|----------------|
| Outdoor Backpacking trip: Examples: 1 Weekend group backpacking trip during the semester | 30-50% |
| Written Reports, Research and Presentations: Students will work together in groups, research and present information about a topic related to backpacking. Example topics, ultra-light, expedition, tents and other gear, long distance hiking, Leave-No-Trace, other philosophies and various skills. | 15-35% |
| Projects: Example: Plan and organize a weekend backpacking trip. Pre-trip conditioning record. | 10-25% |
| Final exam: Comprehensive | 10-25% |
| Outdoor Recreational Activity Skills Development: Demonstrate working knowledge of fundamental backpacking skills | 10-25% |
| NOTE: The course instructor, with approval of the program chair, can make changes to evaluation methods. | |

Text(s)

Hiking and Backpacking, Goldenberg, M. and Martin, B., Latest Edition, © (2008) Champaign, IL. Human Kinetics
 Various trail maps based on location of trip.
 Various Trail Maps

Bibliography

Blanchard, J., Stong, M., and Ford, P., (2007) Leadership and Administration of Outdoor Pursuits, 3rd edition. State College, PA. Venture Publishing.

Miles, J.C., and Priest, S. (1999) Adventure Programming, State College, PA. Venture Publishing.

Priest, S., and Gass, M. A. (2005) Effective Leadership in Adventure Programming. 2nd edition. Champaign, IL. Human Kinetics.

Martin, B., Cashel, C., Wagstaff, M., and Breunig, M. (2006) Outdoor Leadership: Theory and practice. Champaign, IL. Human Kinetics.

Goldenberg, M. and Martin, B. (2008) Hiking and backpacking. Champaign, IL. Human Kinetics

Jensen, C. R., and Guthrie, S. P. (2006) Outdoor Recreation in America, 6th edition. Champaign, IL. Human Kinetics.

Prouty, D., Panicucci, J. and Collinson, R. (2007) Adventure Education: Theory and applications. Champaign, IL. Human Kinetics.

Curtis, R. (1998) The Backpacker's Field Manual. Princeton University, Random House Publishing.

Kosseff, A. (2003). AMC Guide to Outdoor Leadership. Boston Massachusetts, Appalachian Mountain Club Books.

Steven M. Cox, Kris Fulsaa (2003) Mountaineering: The freedom of the hills. Seattle WA. The Mountaineers.

Drury, J. and Holmlind, E. (2006) The Camper's guide to outdoor pursuits, 2nd edition: Sagamore Publishing.

Other Learning Resources

Audiovisual

DVD: Soft Paths: How to enjoy the wilderness without harming it, National Outdoor Leadership School.

Electronic

TOPO USA, NY State base Topographical maps DVD Rom.

Backpacking web sites.

Other

Various Outdoor equipment and supplies.

Various Trail maps.

Transportation resources.