

# Tompkins Cortland Community College

## Master Course Syllabus

**Course Discipline and Number: RECR/FITN 164**

**Year: 2023-2024**

**Course Title: Snowshoeing**

**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 snowshoeing as a lifetime leisure activity including snowshoeing specific techniques, skills, information, and a practical experience. The majority of the class is spent outside snowshoeing in the local weather. Snowshoes are provided. 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.) Spring semester.

### Course Context/Audience

This course provides students with necessary outdoor skills in the sport of snowshoeing. 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 towards 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

<b>Writing:</b>	W1	The student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.
<b>Math:</b>	M1	The student should be taking MATH 090 (if needed). The course requires limited use of very basic mathematical skills.
<b>Reading:</b>	R1	The student should be taking RDNG099 (if needed). The course requires very limited reading of shorter pre-college materials and limited beginning college-level materials that will also be covered extensively in class.

### Course Goals

1. Students who complete this course will be able to: identify various models of snowshoes, select the appropriate model of snowshoe for given terrain and snow conditions, operate three different types of snowshoe bindings, compare and contrast different types of bindings.
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 explain the value, meaning, and benefits of snowshoeing in their life, specifically as it relates to their life goals.
6. Students will be able to organize, plan and implement a snowshoeing trip following guidelines set forth in class.
7. Students will demonstrate, practice, and role model the Leave-No-Trace ethics and up-to-date guidelines for outdoor recreation throughout their lives.
8. Students will be able to write emergency action plans for snowshoeing trips and will demonstrate first aid techniques specific to snowshoeing emergencies.
9. Student will demonstrate respect for the communities visited on the class trip.

### Course Objectives/Topics

Objective	% Course
Students will learn and practice a set of base snowshoeing skills.	10-20%
Students will demonstrate proper and ethical backcountry navigation.	10-20%
Students will demonstrate proper care and use of specific snowshoeing equipment.	5-10%
Students will plan and participate in a weekend snowshoeing trip and several in-class snowshoeing experiences.	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"> <li>➤ develop meaningful questions to address problems or issues.</li> <li>➤ gather, interpret, and evaluate relevant sources of information.</li> <li>➤ reach informed conclusions and solutions.</li> <li>➤ consider analytically the viewpoints of self and others.</li> </ul>	<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 a fieldwork exercises. During their fieldwork (trips), they will apply the information learned experientially while problem solving difficult situations.</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"> <li>➤ Students will begin to understand how their lives are shaped by the complex world in which they live.</li> <li>➤ Students will understand that their actions have social, economic and environmental consequences.</li> </ul>	<p>Students will work and participate in small groups, in the classroom and on their trips. 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. Living, working and participating in a small group setting in the outdoors, a student can appreciate the teamwork and group effort necessary to complete their goals snowshoeing and rely on the group to fulfill basic human needs.</p> <p>While Snowshoeing, it is required that as the student gains skills and knowledge of the outdoors, they will subscribe to and follow basic minimum guidelines of environmental stewardship, outdoor and Leave No Trace ethics.</p>
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### 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
<b>Written Reports, Research and Presentations</b> Students will work together in groups, research and present information about a topic related to snowshoeing. Example topics, equipment, history of snowshoeing, long distance snowshoeing, Leave-No-Trace, other philosophies and various skills.	15-35%
<b>Projects:</b> Example: Plan and organize several snowshoeing trips.	10-25%
<b>Final exam:</b> Comprehensive	10-25%
<b>Outdoor Recreational Activity Skills Development</b> Demonstrate working knowledge of fundamental snowshoeing skills	10-25%
<b>Outdoor snowshoeing trips</b> Examples: Weekly and weekend snowshoeing trips	30-50%
NOTE: The course instructor, with approval of the program chair, can make changes to evaluation methods.	

### Text/Required Materials

Zwosta, M. (1998), *The essential snowshoer: A step-by-step Guide*; Ragged Mountain Press, Camden, ME.

Ehling, W.P. (1995) *50 hikes in Central New York: Hikes and backpacking trips from the Western Adirondacks to the Finger Lakes*, 2<sup>nd</sup> Ed. Backcountry Publications, Woodstock, Vt.

All necessary snowshoeing equipment will be furnished, but if students have their own equipment they are welcome to bring it. Students are responsible for providing appropriate clothing and footwear and a 1-liter water bottle. A list of additional clothing, equipment, and food to bring on the trips will be provided.

Various trail maps based on location of trips.

### Bibliography

Zwosta, M. (1998), *The essential snowshoer: A step-by-step Guide*; Ragged Mountain Press, Camden, ME.

Ehling, W.P. (1995) *50 hikes in Central New York: Hikes and backpacking trips from the Western Adirondacks to the Finger Lakes*, 2<sup>nd</sup> Ed. Backcountry Publications, Woodstock, Vt.

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*, 6<sup>th</sup> edition. Champaign, IL. Human Kinetics.

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

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.

## Other Learning Resources

<b>Audiovisual:</b>	DVD: Soft Paths: How to enjoy the wilderness without harming it, National Outdoor Leadership School.
<b>Electronic:</b>	TOPO USA, NY State base Topographical maps DVD Rom. Backpacking web sites.
<b>Other:</b>	Various Outdoor equipment and supplies. Various Trail maps. Transportation resources.