

The University of Georgia
PEDB 1100 – Beginning Backpacking/Hiking
Fall 2008

Instructor:

Susan Powell, CTRS
Ramsey Center 339
powell07@uga.edu

Class Information:

Mondays 1:25 – 3:05 p
Ramsey Center 202
Call Number: 51-634

Office Hours:

W: 10am-12pm or by appointment

Course Objectives:

1. To learn the basic concepts of hiking and backpacking.
2. To understand and know how to operate equipment used in backpacking.
3. To develop an understanding of one's impact while backpacking and how to minimize that impact.
4. To incorporate knowledge of the backpacking essentials and skills through trip experience.
5. To complete Fitness Knowledge Component*

* only if student is taking this course for PE graduation requirement. If you have completed requirement, please bring appropriate documentation from OASIS.

Course Requirements:

Each student must have (or rent) appropriate hiking gear and clothing. The student is also responsible for all costs associated with the overnight trip. Text is required:

Hoeger, W.W., and S.A. Hoeger. (2005). Fitness and Wellness. UGA Edition.

Course Content:

- | | |
|------------------------|---|
| ~ Gear | ~ Nutrition |
| ~ Map and Compass | ~ Pack fitting, etc |
| ~ LNT Techniques | ~ Campsites and shelters |
| ~ Water Issues | ~ Weather-related issues and prevention |
| ~ Appropriate Clothing | ~ Trail Etiquette |

This course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Attendance:

We will have seven required class meetings. After these meetings, you may meet with the instructor during regular office hours, as necessary. Attendance will be taken during class meetings. All other hours will be earned on the overnight trip.

Attire:

Students should come to class prepared and ready to hike. If clothing prevents you from participating, you will be marked absent. You will be trekking through the woods. Sneakers, boots, and sport sandals are appropriate footwear. High heels, dress or casual shoes, flip flops, or other non-sport sandals are not acceptable. Dress to the expected weather conditions. Students may find quick-dry, non-cotton clothing is the best to use.

Weather:

This class will meet rain, snow, shine, hail, sleet, thunderstorms, hurricanes, etc. Only an official UGA closing warrants an excused absence from this class. Be prepared to hike in any kind of weather.

Language:

Poor sportsmanship and the use of inappropriate language will not be tolerated. If this occurs, the student will be asked to leave, will be counted absent, and will need to meet with the instructor.

Grading:

Attendance:	40%
Fitness Knowledge Component:	40%
Quizzes	40%
@ Assignments	30%
Worksheets	30%
Group Presentations	10%
Final Paper:	10%
Total:	100%

“S” – Satisfactory – A student must have a 70% in order to have a satisfactory grade. The student must also meet all attendance requirements, participate in class, and participate in an overnight backpacking trip on the scheduled date with the rest of the class.

“U”- Unsatisfactory- A student receives a “U” when the attendance requirements have not been met, the student has not participated in the class trip, or the students total points are less than 70%.

“I”- Incomplete- A student, due to death in the family or serious illness, cannot attend the overnight trip. Students will have one semester to make up the trip. After that semester, the student will receive a “U”. Grades are not given, they are earned.

Academic Honesty:

All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about these standards before performing any academic work.

Cell Phones:

In consideration of others, please turn cell phones on silent during class. The use of cell phones, including text messaging, during class is not acceptable.

Course Schedule:

August 18 th , 2008	Introduction to Class – group assignments
August 25 th , 2008	GATC Presentation
September 1 st , 2008	No class, Labor Day
September 8 th , 2008	Backpacking/Hiking Basics – Projects 1, 2, 3, 4
September 15 th , 2008	Trip Planning
September 22 nd , 2008	Group A practice hike, gear check – FKC due Group A
September 27-28 th , 2008	Backpacking Overnight A – Mandatory for Group A
September 29 th	Backpacking/Hiking Basics – Projects 5 and 6
October 6 th , 2008	Group B practice hike, gear check – FKC due Group B
October 11 – 12 th , 2008	Backpacking Overnight B – Mandatory for Group B
October 20 th , 2008	No class
October 27 th , 2008	Last day of class, final papers due, slide show, evals due online

*Limited class meetings due to overnight backpack trip and trail maintenance day meeting the 30-hour class requirement.

Assignments:

1. Backpacking/Hiking Basics Projects: Each group will be assigned a topic (Leave No Trace Techniques, Pack fitting/putting on/packing, Choosing a Shelter/Setting up Camp, Nutrition/Water and Body Issues, Weather-related injuries and prevention/Appropriate clothing, Map and Compass) and are required to present either a presentation of their topic or a demonstration of their topic that should last 15-20 minutes. These presentations may be in the classroom or outside, please let me know which is your preference.
2. Final Paper – One page requirement. Please describe your overnight backpacking experience. Was it what you expected? What did you learn from yourself, from the group, from the facilitator? What was the most important piece of gear that you brought? Do you plan to incorporate backpacking into your life? If so, how?