

PEDB 1100 BEGINNING BACKPACKING

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Office Hours: Thursdays 1pm – 3pm or by appointment

Course Objectives:

- Students will learn the basic concepts of hiking and backpacking.
- Students will understand and know how to operate equipment used in backpacking.
- Students will develop an understanding of their impact while backpacking and how to minimize that impact.
- Students will be able to incorporate their knowledge of backpacking essentials and skills through trip experience,
- Students, along with group members will become and “expert in one area of backpacking.

Attendance:

Due to the nature of this class, attendance is mandatory. All unexcused absences will be a deduction in your grade. An absence may be excused if the instructor is notified prior to the class or by the time of the next class. All reasons for an absence must be presented in writing. The instructor will make the final decision if an absence is excused or unexcused. Depending on the situation, an excused absence may be made up after discussion with the instructor. Leaving the class before the instructor has officially dismissed the class will also be considered an absence. **Attendance on the trip is mandatory and no exceptions will be made.** The trip is scheduled for the weekend of 10/20-10/21. Our last class will be on 10/23.

Attire:

Please dress comfortable, in non-restrictive, appropriate attire. Sneakers, hiking boots, and sports sandals are appropriate foot wear. 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 that quick-dry, non-cotton clothing is the best to use. Be prepared to hike each class.

Weather:

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

Textbook:

Hoeger, W.W., & Hoeger, S.A. (2005). *Fitness and wellness*. 6th ed. Belmont, CA: Thomson/Waldsworth.

Evaluation:

Fitness Knowledge (Notebooks Due 9/25 & 10/23):	40 points
Trip/Attendance (10 points deducted for each absence):	40 points
Lesson Plan/Presentation	20 points

A combined score of 60 is required to achieve a satisfactory grade

Brief Course Outline:

Gear	Map & Compass
Weather related injuries	Shelter
Nutrition	LNT
Water Issues	Knots

Medical History:

If you have ANY condition that may affect your participation in this class, or if you are over the age of 35, please notify the instructor prior to any class participation.

Academic Honesty Policy:

All academic work must meet the standards contained in “A Culture of Honesty”. Students are responsible for informing themselves about those standards before performing any academic work. See- www.uga.edu/ovpi/honesty/acadhon.htm

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