

The University of Georgia  
PEDB 1100 – Beginning Backpacking/Hiking  
Fall 2007

**Instructor:**

Susan Powell, CTRS  
Ramsey Center334  
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**Class Information:**

Mondays 1:25p – 3:05p  
Ramsey Center202  
Call Number:32-037

**Office Hours:**

9:00 – 11:00 am MWF 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

**Course Requirements:**

Each student must have (or rent) a frame backpack, sleeping bag, whistle, water bottle, and compass. 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	~ Food
~ Map Reading	~ Compass Work
~ LNT Techniques	~ Shelters
~ Water Issues	~ Group Dynamics
~ Trails	~ 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 eight 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%
Final Paper:	20%

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:**

Date	Activity
August 20 <sup>th</sup> , 2007	Introduction to Class
August 27 <sup>th</sup> , 2007	Fitness Knowledge Component
September 3 <sup>rd</sup> , 2007	No class – Labor Day Holiday
September 10, 2007	Backpacking/Hiking Basics
September 17 <sup>th</sup> , 2007	Basics Part 2
September 24 <sup>th</sup> , 2007	Trip Planning
October 1 <sup>st</sup> , 2007	Final Trip Preparations
October 6 <sup>th</sup> -7 <sup>th</sup> , 2007	Backpacking Overnight – Mandatory
December 3 <sup>rd</sup> , 2007	Final Paper Due and Course Evaluations

No classes in between overnight trip and final class due to meeting the 30 hour course requirement after trip completion.