

Cerro Coso College

# Course Outline of Record Report

05/07/2020

## KINSC140 : Hiking

### General Information

Author (s):	<ul style="list-style-type: none"> <li>Kimberlee Kelly</li> <li>King, Sarah</li> <li>Scott, Justus</li> </ul>
Course Code (CB01) (CB01) :	KINSC140
Course Title (CB02) (CB02) :	Hiking
Department:	Physical Education
Proposal Start:	Fall 2020
TOP Code (CB03) :	(1270.00) Kinesiology
SAM Code (CB09) (CB09) :	Non-Occupational
Distance Education Approved:	No
Course Control Number (CB00) (CB00) :	No value
Curriculum Committee Approval Date:	04/03/2020
Board of Trustees Approval Date:	05/07/2020
External Review Approval Date:	05/07/2020
Course Description:	This course includes fun, challenging hikes which average 4-8 miles on moderate to steep terrain. It introduces the Eastern Sierra Mountain Range, as well as San Bernardino, Kern, and Inyo County parks, trails, and surrounding areas. Topics covered include basic first aid, hydration, proper attire for desert and mountain hiking, map reading, and trail etiquette.
Submission Type:	Revision of current class and changing of number/naming system

### Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"> <li>Kinesiology</li> </ul>
Alternate Master Discipline Preferred:	<ul style="list-style-type: none"> <li>Physical Education</li> </ul>
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline:	No value

### Course Development Options

Basic Skills Status (CB08) (CB08)	Course Special Class Status (CB13) (CB13)	Grade Options
Course is not a basic skills course.	Course is not a special class.	<ul style="list-style-type: none"> <li>Pass/No Pass</li> <li>Letter Grade methods</li> </ul>

<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	<b>Allowed Number of Retakes</b> 0	<b>Course Prior to College Level (CB21)</b> Not applicable.
<b>Rationale For Credit By Exam/Challenge</b> No value	<b>Retake Policy Description</b> No value	<input checked="" type="checkbox"/> Allow Students To Audit Course

**Associated Programs**

Course is part of a program (CB24)

<b>Associated Program</b> No value	<b>Award Type</b> No value
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**Transferability & Gen. Ed. Options**

<b>Transferability</b> Transferable to both UC and CSU	<b>Transferability Status</b> Pending
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<b>CSU General Education Certification</b>	<b>Categories</b>	<b>Transferability Status</b>	<b>Comparable Course</b>
Area E.1	Lifelong Learning & Self-Development Integrated Organism	Pending	California State University, Monterey Bay KIN 180 - Backpacking and Hiking California State University, Fresno KAC 33 - Fitness Walking California State University, Fullerton KNES 103 - Fitness Walking

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<b>Cerro Coso General Education Requirements</b>	<b>Categories</b>	<b>Transferability Status</b>	<b>Comparable Course</b>
Area 7.2	Health & Wellness Activity	Pending	California State University, Monterey Bay KIN 180 - Backpacking and Hiking Not sure if the walking classes would count, but here they are again: California State University, Fresno KAC 33 - Fitness Walking California State University, Fullerton KNES 103 - Fitness Walking Reply

**Units and Hours**

**Summary**

<b>Minimum Credit Units (CB07) (CB07)</b>	1	<b>Total Course In-Class (Contact) Hours</b>	54	<b>Total Student Learning Hours</b>	54
<b>Maximum Credit Units (CB06) (CB06)</b>	1	<b>Total Course Out-of-Class Hours</b>	-	<b>Faculty Load</b>	-

**Credit / Non-Credit Options**

<b>Course Credit Status (CB04) (CB04)</b>	<b>Course Non Credit Category (CB22) (CB22)</b>	<b>Non-Credit Characteristics</b>
Credit - Degree Applicable	Credit Course.	No value

<b>Course Classification Code (CB11) (CB11)</b>	<b>Funding Agency Category (CB23) (CB23)</b>	<input type="checkbox"/> Cooperative Work Experience Education Status (CB10) (CB10)
Credit Course.	Not Applicable.	
<input type="checkbox"/> Variable Credit Course		

**Weekly Student Hours**

	<b>In Class</b>	<b>Out of Class</b>
Lecture Hours	-	-
Lab Hours	3	-
Activity Hours	-	-

**Course Student Hours**

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	54
<b>Course In-Class (Contact) Hours</b>	
Lecture	-
Lab	54
Activity	-
<b>Total</b>	54
<b>Course Out-Of-Class Hours</b>	
Lecture	-
Lab	-
Activity	-
<b>Total</b>	-

**Time Commitment Notes for Students**

No value

**Faculty Load**

**Extra Duty:** - **Faculty Load:** -

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class

No value	No value	No value	No value
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**Requisites**

No Value

**Entrance Skills**

Skill

Content Review

No value

No value

**Limitations on Enrollment**

Limitation

Provide Rationale

No value

No value

**Specifications****Methods of Instruction****Methods of Instruction Rationale**

Demonstration  
Performance

In the initial meetings, instructors introduce outdoor safety and fitness measures.  
Students will perform hikes to a satisfactory level.

**Assignments**

No Value

**Methods of Evaluation****Methods of Evaluation Rationale**

Participation  
Tests

Since this is an activity class, the primary grading method is based on participation.  
Instructors administer fitness and safety testing.

**Equipment**

No Value

**Textbooks**

Author

Title

Publisher

Date

ISBN

No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials</b>				
No Value				
<b>Materials Fee</b>				
No value				

<b>Learning Outcomes and Objectives</b>				
<b>Course Objectives</b>				
No value				
<b>CSLOs</b>				
Demonstrate improved cardiovascular fitness.			Expected SLO Performance: 80.0	
Describe "Leave No Trace" practices and backcountry first-aid principles.			Expected SLO Performance: 80.0	
Discuss the benefits of this physical activity, which can be performed throughout life for personal, recreational, and physical fitness purposes.			Expected SLO Performance: 80.0	

<b>Outline</b>				
<b>Outline</b>				
<ul style="list-style-type: none"> <li>A. Introduction to Hiking <ul style="list-style-type: none"> <li>a. Basic hiking</li> <li>b. Safety</li> <li>c. Equipment</li> </ul> </li> <li>B. Hiking for Health <ul style="list-style-type: none"> <li>a. Benefits of hiking</li> <li>b. Monitoring health on the trail</li> </ul> </li> <li>C. Basic First Aid <ul style="list-style-type: none"> <li>a. Wound care</li> <li>b. Emergency care</li> </ul> </li> <li>D. Environmental Issues <ul style="list-style-type: none"> <li>a. Local environment</li> <li>b. "Leave No Trace" principles</li> <li>c. Keeping it wild</li> </ul> </li> <li>E. Hike-of-the-Day Descriptions <ul style="list-style-type: none"> <li>a. What to bring</li> <li>b. Where to meet</li> <li>c. Trip etiquette</li> </ul> </li> </ul>				

## Delivery Methods

**Delivery Method:** Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

- Face to face

**Rigor Statement:** Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section? Describe the ways in which instructor-student contact and student-student contact will be facilitated in the distance ed environments.

No Value

**Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course.** -Learning Management System -Discussion Forums -Message -Other Contact - Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV - Interactive Video -Other

- Face-to-face meeting(s)

**Software and Equipment:** What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

**Accessibility:** Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

- Learning management system

**Class Size:** Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

25 students max. Safety for students and teacher.