

Cerro Coso College  
**Course Outline of Record Report**  
10/07/2021

## PHEDC140 : Day Hiking

### General Information

Author:	-
Course Code (CB01) :	PHEDC140
Course Title (CB02) :	Day Hiking
Department:	Physical Education
Proposal Start:	Fall 2013
TOP Code (CB03) :	(0835.00) Physical Education
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000519115
Curriculum Committee Approval Date:	04/12/2013
Board of Trustees Approval Date:	06/13/2013
External Review Approval Date:	06/13/2013
Course Description:	Provide an introduction to basic day hiking techniques, first aid, and hike preparedness. Topics include wilderness, hiking in the desert and Eastern Sierra environment, public land management agencies, basic first aid, information resources, special considerations, nutrition and hydration, rules and regulations, and trip planning. Students should expect to participate in group hikes of 3-5 miles.
Submission Type:	New Course
Author:	No value

### Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"><li>Physical Education</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 Preferred:	No value

### Course Development Options

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

**Rationale For Credit By Exam/Challenge**

No value

**Retake Policy Description**

Type:|Non-Repeatable Credit

 Allow Students To Audit Course**Course Support Course Status (CB26)**

No value

**Associated Programs** Course is part of a program (CB24)**Associated Program**

No value

**Award Type**

No value

Active

**Transferability & Gen. Ed. Options****Course General Education Status (CB25)**

No value

**Transferability**

Transferable to CSU only

**Transferability Status**

Approved

**Units and Hours:****Summary****Minimum Credit Units (CB07)** 1**Maximum Credit Units (CB06)** 1**Total Course In-Class (Contact) Hours** 54**Total Course Out-of-Class Hours** 0**Total Student Learning Hours** 54**Faculty Load** 0**Credit / Non-Credit Options****Course Credit Status (CB04)**

Credit - Degree Applicable

**Course Non Credit Category (CB22)**

Credit Course.

**Non-Credit Characteristic**

No Value

**Course Classification Status (CB11)**

Credit Course.

**Funding Agency Category (CB23)**

Not Applicable.

 Cooperative Work Experience Education Status (CB10)

Variable Credit Course

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	0	0
Activity Hours	3	0

### Course Student Hours

**Course Duration (Weeks)** 18

**Hours per unit divisor** 0

#### Course In-Class (Contact) Hours

Lecture 0

Laboratory 0

Activity 0

**Total** 54

#### Course Out-of-Class Hours

Lecture 0

Laboratory 0

Activity 0

**Total** 0

### Time Commitment Notes for Students

No value

### Faculty Load

**Extra Duties:** 0

**Faculty Load:** 0

### Units and Hours: - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

### Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

### Entrance Skills

Entrance Skills	Description
No value	No value

## Limitations on Enrollment

Limitations on Enrollment

Description

No value

No value

## Specifications

### Methods of Instruction

Methods of Instruction

Other

Rationale

Other Methods: A. Lectures to cover the relevant topics and entire detailed topical outline over the course of the semester. B. Student participation in day hikes of 3-5 miles with increasing difficulty.

Methods of Instruction

Lecture

Rationale

No value

### Assignments

- A. Body conditioning to be physically prepared for hikes B. Assigned readings from the textbook and/or other sources.

### Methods of Evaluation

#### Rationale

Tests

This will be assessed by an exam, scored with a rubric. (Use for short answer and essay answers exams.)

This will be assessed and scored by a pre- and post-test.

This will be assessed by a demonstration, scored with a rubric.

A. Exams and Quizzes evaluate the students' ability to apply techniques taught in class and apply these techniques in problem solving.

B. Participation in activity

### Equipment

No Value

### Textbooks

Author

Title

Publisher

Date

ISBN

Cox, S. M., Fulsaa, K. &  
Simpson, J. . (2009)  
Mountaineering: The Freedom of  
the Hills, 7th , Mountaineers  
Books

## Other Instructional Materials

No Value

## Materials Fee

No

## Learning Outcomes and Objectives

### Course Objectives

No value

### CSLOs

Explain the elements of basic hiking	Expected SLO Performance: 70.0
Demonstrate the benefits of recreational hiking and improve physical stamina	Expected SLO Performance: 70.0
Apply and understand proper safety and basic survival practices necessary for hiking on trails in the desert and mountains.	Expected SLO Performance: 70.0
Identify environmental issues and practice back country and leave-no-trace ethics.	Expected SLO Performance: 70.0

## Outline

### Course Outline

- A. Introduction to hiking
  - a. Basic hiking
  - b. Safety
  - c. Equipment
- B. Hiking for Health
  - a. Benefits of hiking
  - b. Monitoring health on the trail
- C. Basic first aid
  - a. Wound care
  - b. Emergency care
- D. Environmental issues
  - a. Local environment
  - b. Leave no trace principals
  - c. Keeping it wild
- E. Hike of the day descriptions
  - a. What to bring
  - b. Where to meet
  - c. Trip etiquette.

## Delivery Methods and Distance Education

**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 2 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?

No Value

**Effective Student-Instructor Contact:** 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 -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

No Value

**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.

itv  
LMS  
publisher

**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.

No Value