



Course Information

Course Title: **Hiking**
Course Prefix & Number: **REC155AG (Fall 2022, Second 8 Weeks)**
Section Number: **32619**
Credit Hours: **1**

Course Format

The course format for this course is ONLINE (On Your Own Time) using Canvas (second 8 weeks). On Your Own Time online classes do not meet at specific class times. Course work must be completed and submitted according to deadlines. Access to a computer or mobile device with Internet connection is required. Start date is Monday, October 24th. End date is Monday, December 12th.

Instructor Information

Instructor: **Dr. David A. Brown (Dave)**
Email: **david.a.brown@scottsdalecc.edu**
Office Phone: **480.423-6617**
Office Location: **PE148**
Office Hours: T & W, 10am - 12:30pm - call office phone or email for a Google Meet link or call/email anytime.

Course Description

This course is organized to accommodate all levels of hiking. The goal is to have fun, learn basic hiking skills, develop some friendships, increase physical fitness, and become familiar with nearby trail systems. Further, it is hoped that students will gain an appreciation for hiking which will last a lifetime.

Students will develop safe and effective hiking skills and enjoy the Arizona outdoors. The course will grow the students' level of understanding and respect for the outdoors when day hiking in the southwest desert.

Grading

Hiking is an experiential activity - you learn best by doing (hiking). Therefore, the focus of this course is the three hikes. If you do the three hikes and complete/submit the (4) criteria (75 pts each hike), you will receive a “C” (75 points X 3 hikes = 225 points which is a “C”). You must also complete and submit class assignments to receive an “A” which is 270 or more points.

- *Identify and describe the 7 LNT principles (7pts)**
- *Explain the aspects of the LNT principles (21pts)**
- *Analyse one LNT principle (10pts)**
- *Keep Your Feet Dry & Prevent Blisters (7pts)**
- *Water Purifiers/Filters (10pts)**
- *Everyday Survival (10pts)**
- *Smartphone Hiking Apps (5pts)**
- *Smartphone Hiking Music (5pts)**

There are 75pts possible for Class Assignments. See grades in Canvas “Grading” tab. All class assignments are available in Canvas “Class Assignments” modules tab. There is NO midterm or final exam.

<u>Assignments</u>	<u>Points</u>	<u>% of Total</u>
3 Hikes, On Your Own Time (75 pts each)	225	75
Class Assignments (75pts possible)	75	25
TOTALS =	300 pts.	100%

A = 300 – 270 B = 269 – 240 C = 239 – 210 D = 209 – 180 F = 179 or less
(Grades are calculated by points NOT percentages)

Course Objectives

1. Describe and demonstrate effective trip planning skills.
2. Demonstrate positive and effective interpersonal and problem solving skills when hiking.
3. Select and use appropriate equipment to ensure safe hiking.
4. Describe and apply the “Leave No Trace” principles of outdoor ethics.
5. Demonstrate and practice safe hiking skills.

Course Policies

The following are policies specific to this course. Students are also responsible for the college policies included on the [Student Regulations](#) page of the Maricopa Community College District website.

- * All assignments should be accessed and submitted on Canvas-see “Modules” tab.
- *Please use .doc, .docx .pdf files when attaching documents in Canvas.
- *If you have not completed and submitted at least one (1) hike/class assignment by 11/7 (or any two consecutive weeks during the semester) you will be withdrawn from the course.
- *After you submit/attach assignments I can then grade and post point totals in Canvas “Grades”. Please check to see that your points are posted.
- ***Grades are calculated by points NOT percentages – see “Grading.”**

Hikes

Students are to complete three (3) hikes on their own. Each hike should take place during the 8 weeks of this course and be for 3+ miles. To receive the 75 points for each hike the following (4) **criteria** must be met and posted in the Canvas “Discussion” module; 1) your name and a picture of the trail (you do not need to be in the picture), 2) date and location of the hike/trailhead and what the weather conditions were at the time of the hike, 3) any wildlife observed and 4) a good and bad example of any “Leave No Trace” principle that you observed during the hike (see “Example Hike” in Canvas module tab).

Take a look at these websites to learn more about Arizona's plants, wildlife and birds;

<https://azstateparks.com/desert-plants>

<https://azstateparks.com/arizona-wildlife>

<https://azstateparks.com/birds-of-arizona>

Class Assignments

Various class assignments (all related to the Course Objectives) are available in Canvas "Class Assignments" modules tab. Each class assignment has an assigned point value and should be completed and submitted on Canvas. There are 75pts possible for Class Assignments;

- *Identify and describe the 7 LNT principles (7pts)**
- *Explain the aspects of the LNT principles (21pts)**
- *Analyze one LNT principle (10pts)**
- *Keep Your Feet Dry & Prevent Blisters (7pts)**
- *Water Purifiers/Filters (10pts)**
- *Everyday Survival (10pts)**
- *Smartphone Hiking Apps (5pts)**
- *Smartphone Hiking Music (5pts)**


Extra Credit

Students can submit a 4th hike for 20 extra credit points. This extra credit hike must meet the same criteria as the first three - see "Hikes" criteria. These extra credit 20 points are not part of the 300 possible points. If this fourth hike is done and the (4) criteria submitted, 20 points will be added to your overall total points.

Be Prepared, Arizona is a diverse state

Arizona has 6 different habitat zones, ranging from the Lower Sonoran Zone (from sea level to about 4,500 feet) to the Alpine Zone, found above the 11,500 foot mark in the San Francisco Peaks north of Flagstaff. Because of this, it is important to be aware of where you plan to hike and to prepare accordingly. It is important to have a map, GPS/compass and know how to use them. Because so much of Arizona is covered by National Forests, good maps are easy to find.

Learn the importance of the 7 “Leave No Trace” principles (www.lnt.org), by completing the following Class Assignments- *Identify and describe the 7 LNT principles (7pts), *Explain the aspects of the LNT principles (21pts), and *Analyse one LNT principle (10pts). These can be found in the “Class Assignments” tab in Canvas.

If you hike with your pet, be prepared for it as well. See Heat Stress in Pets -  [Keep your pet safe while hiking - Signs of heat stress in pets](#)

Important stuff to bring

Water is essential in this state. At the lower altitudes, you'll be hiking in the desert, where the temperature warrants a good supply of water. At altitude, where you may not be hot, you still need water, because your body needs more fluids at altitude. Consider hydrating and carbo loading the day before a big hike.

Don't forget a good basic first aid kit, with any luck you'll never need it, but bring it anyway. Sunglasses/Sunscreen/Wide Brim Hat, always a good idea, regardless of where you are hiking.

A good map that you have reviewed ahead of time (see [TopoZone](#) for online topo maps). Leave an itinerary (with a dependable friend/family member) of where you are going and when you are expected back. Smartphone with portable charger (see Class Assignment- *Smartphone Hiking Apps (5pts) & *Hiking Music (5pts) in Class Assignments tab. Cell Phone service may or may not be

available. Find out the current weather conditions (weather.com), be prepared for the conditions.

Good, dependable, comfortable and sturdy hiking footwear is essential for enjoyable hiking. If you have weak ankles, or will be carrying a heavy pack, or will be hiking on rocky uneven ground consider a heavier high top boot - if for nothing else than to protect your feet from rocks, cactuses and various critters - see Class Assignment- “*Keep Feet Dry & Prevent Blisters” (7pts) in Class Assignments tab

Try not to hike alone, especially in the more remote areas of the state, more information about hiking alone - [Hiking Alone: Six Tips For People Who Like To Go Out Alone](#) and -

<https://www.aarp.org/health/healthy-living/info-2019/hiking-tips.html>

Food & Snacks bring some! Chances are, wherever you hike, you'll be doing it far from the nearest fast food place. Bring some food, snack items that you like to eat - you may get hungry.

Bring some extra water, maybe a frozen water bottle stuffed in your pack. You can never have too much water, and you can always give it to someone else who needs it. Bring a means to purify water or filter water. Simple iodine tablets should suffice for day hikes. Keep a bottle in your pack. In many parts of the state, water isn't available year round, but in some parts there are plenty of streams, tanks and creeks. Other ways to treat water in the backcountry - boil it or use UV light (see Class Assignment- “*Water Purifiers/Filters (10pts),” in Class Assignments tab).

A positive attitude. Enjoy being outdoors surrounded by mother nature! Be a responsible steward of the outdoors. Connect with and learn from your hiking experience, see Class Assignment- “*Everyday Survival (10pts)” in Class Assignments tab.

Students are responsible for the information contained in this syllabus, the Syllabus page in your Canvas course and the **College Policies & Student Services** page found in the First Steps module of your Canvas course. Students will be notified by the instructor of any changes in course requirements or policies.