

# PE-1410: BACKPACKING

## Cuyahoga Community College

**Viewing: PE-1410 : Backpacking**

**Board of Trustees:**

May 2023

**Academic Term:**

Fall 2023

**Subject Code**

PE - Physical Education

**Course Number:**

1410

**Title:**

Backpacking

**Catalog Description:**

Introduction to outdoor activities, including instruction and participation in backpacking, hiking, and orienteering. Includes lecture sessions in preparation for the outdoor experience. Weekend and/or overnight participation required.

**Credit Hour(s):**

2

**Lecture Hour(s):**

1

**Lab Hour(s):**

2

**Other Hour(s):**

0

## Requisites

**Prerequisite and Corequisite**

Departmental approval: physical fitness test.

## Outcomes

**Course Outcome(s):**

Demonstrate the physical skills and conditioning skills needed to backpack.

**Essential Learning Outcome Mapping:**

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

**Objective(s):**

1. Perform conditioning skills needed for participation.
2. Perform physical skills needed for participation.

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**Course Outcome(s):**

Explain responsible backpacking.

**Objective(s):**

1. Identify sites where the activity can be enjoyed in the surrounding area.
2. Describe responsible camping.
3. Explain responsible hiking.

**Methods of Evaluation:**

- a. Skill tests
- b. Written evaluation from experience
- c. Quizzes and final examination
- d. Attendance

**Course Content Outline:**

- a. Physical benefits of activity
  - i. Aerobic
  - ii. Strength
  - iii. Balance
  - iv. Flexibility
  - v. Enhanced Senses
- b. Human and physical resources for activity
  - i. Independence
  - ii. Self-Reliance
  - iii. Hiking Trails
- c. Clothing and equipment
  - i. Proper Shoes
  - ii. Proper Clothing
  - iii. Appropriate Equipment
- d. Responsibility of camping
  - i. Leave Area Cleaner Than You Found It
  - ii. Make Sure Fire Is Completely Extinguished
  - iii. Leave No Trace
- e. Responsibility of hiking
  - i. Stay on Trail
  - ii. Leave No One Behind/Stay Together
  - iii. Emergency Preparation
- f. Condition development
  - i. Leg Strength
  - ii. Glute and Low Back Strength
  - iii. Cardiorespiratory
- g. Skill development
  - i. Hill Hiking
  - ii. Uneven Terrain/Rock Hiking
  - iii. Wearing a Backpack

**Resources**

Helmuth, Diana. *How to Suffer Outside: A Beginner's Guide to Hiking and Backpacking*. Mountaineer Books, 2021. August 24th.

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**Resources Other**

- 1. How to Plan Your First Backpacking Trip. By Zoe Gates. August 20, 2021. [backpacker.com/skills/beginner-skills/how-to-plan-your-first-backpacking-trip/](https://backpacker.com/skills/beginner-skills/how-to-plan-your-first-backpacking-trip/)
- 2. How to Plan a Backpacking Trip. By Backpacking Light. April 19, 2022. [backpackinglight.com/how-to-plan-a-backpacking-trip/](https://backpackinglight.com/how-to-plan-a-backpacking-trip/)

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