

PE-1421: CAMPING

Cuyahoga Community College

Viewing: PE-1421 : Camping

Board of Trustees:

January 2021

Academic Term:

Fall 2021

Subject Code

PE - Physical Education

Course Number:

1421

Title:

Camping

Catalog Description:

Fundamental class in camping designed to develop basic knowledge and skills pertinent to safe and enjoyable camping. Activity may include weekend and/or overnight participation. Additional laboratory fees vary according to activity. Check current Credit Schedule for specific information.

Credit Hour(s):

2

Lecture Hour(s):

1

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Select and set up a good campsite and bring all needed equipment to use for backpacking and camping. Utilize outdoor skills to have a safe and successful campout.

Objective(s):

1. Identify the proper equipment including clothing, hiking boots, tents, backpacks, outdoor sleeping and cooking equipment, and first aid needed for backpacking and camping.
 2. Demonstrate the ability to select a good campsite.
 3. Demonstrate the proper way to set up a tent with rainfly.
 4. Demonstrate proper technique to pack a backpack for day and overnight.
 5. Demonstrate proficiency in the physical skills needed for backpacking and camping.
 6. Demonstrate the ability to identify possible animal and plant hazards when backpacking and camping.
 7. Demonstrate the proper way to set up an outdoor fire, how to cook outdoors, and leave the fire area safe for future campers.
 8. Demonstrate the proper way to leave a campsite for future campers so that environment is not disturbed.
 9. Demonstrate basic first aid techniques.
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Methods of Evaluation:

1. Practical examinations
2. Written examination
3. Attendance/participation

Course Content Outline:

1. Personal gear
 - a. Selection of proper clothing
 - b. Selection of proper footwear
 - c. Backpacks
 - d. Sleeping bags
 - e. Flashlights
2. Equipment selection
 - a. Tents
 - b. First aid kits
 - c. Insect bite kit
 - d. Snake bite kit
 - e. Flashlights
 - f. Cooking equipment
 - i. Propane stove
 - ii. Dutch oven
 - iii. Cast iron skillet
 - iv. Pie irons
 - v. Roasting forks
 - vi. Utensils
 - vii. Fire gloves
 - viii. Matches/lighter
3. Descriptions and remedies
 - a. Poisonous plants
 - b. Snakes
4. Basic first aid techniques
 - a. Treatment of minor cuts/bruises
 - b. Treatment of minor burns
 - c. Treatment of broken bones
 - d. Tourniquet
5. Selecting of a hiking trail
 - a. Determining length
 - b. Determining type of terrain
6. Selecting a safe campsite
 - a. Evaluating for any potential hazards
 - b. Evaluating for comfortable tent sites
 - c. Evaluating for safe area to build fires
7. Physical conditioning and training needed for hiking and camping
 - a. Hill workouts
 - b. Weight training
 - c. Flexibility
8. Vacating a campsite without disturbing nature
 - a. Leave no trace
 - b. Fire circle safety
 - c. Pack out what you pack in
9. Safe outdoor cooking techniques and recipes
 - a. Foil cooking
 - b. Dutch oven cooking
 - c. Pie iron cooking
 - d. Fire cooking vs. propane stove
 - e. Recipe resources
10. Overnight skills in the woods

- a. Have a light source
- b. Food storage
- c. Map reading

Resources

Rutstrum, Calvin. *The Wilderness Life*. Minneapolis: the University of Minnesota Press, 2004.

Loy, Jessica. *Follow the Trail: A Young Person's Guide to the Great Outdoors*. New York: H. Holt and Co., 2003.

McGivney, Annette. *Leave No Trace: A Guide to the New Wilderness Ethic*. 2nd ed. Seattle: Mountaineers Books, 2003.

Cox, Steven M. Cox and Kris Fulsaa. *Mountaineering: the Freedom of the Hills*. 7th ed. Seattle: Mountaineers Books, 2003.

Resources Other

U.S National Park Service. How to Camp - Camping. www.nps.gov/subjects/camping/how-to-camp.htm. Oct. 13, 2017.

WikiHow Staff. How to Camp in a Tent on a Campsite (with pictures) - wikiHow. www.wikihow.com/camp-in-a-Tent-on-a-Campsite. Oct. 17, 2017.

6 Camping Essentials: Camp Like A Boss - YouTube. www.youtube.com/watch?v=1heVINedCPM. Aug. 3, 2017.

U.S. National Park Service. What to Bring - Camping. www.nps.gov/subject/camping/what-to-bring.htm. May 29, 2018.

WikiHow Staff. 4 Ways to Camp - WikiHow. www.wikihow.com/Camp. Oct. 17, 2019

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