Credit Hours: 01, This course combines approximately 30 hours of instruction, online activities, and out of class assignments.

Room/Location:

Schedule:

Course Instructor: Jennie Moore
Office Location: By appointment
PAC Office Phone: 541-737-3222
Instructor Phone: 928-890-9868
E-mail: moorejen@onid.oregonstate.edu
Office Hours: By appointment

TA Phone: 541-737-3222
TA E-mail: moorejen@onid.oregonstate.edu

Course TA:

PAC Homepage: http://www.hhs.oregonstate.edu/nes/pac

COURSE DESCRIPTION: This course covers the fundamentals of hiking as a recreational activity and an outdoor travel skill. Content will cover local trails, place history, hiking techniques, clothing and equipment selection, elemental first aid and safety concerns, Leave-no-trace principles, and map basics.

Prerequisites: None
Co-requisites: None

LEARNING RESOURCES:

• Required Resource: Corvallis Area Trails (2011) by Sky Island Graphics ($6.95 at the Book Bin- 215 SW 4th St)

• Additional Recommended Resources: Corvallis Trails by Margie C. Powell

• Equipment and Clothing: Proper hiking clothing, footwear, and gear are expected for the class. Please select items that can get wet, sweaty, or dirty. Students need to be prepared for the day’s weather. A list of these items is found at the end of the syllabus. Examples will be shown early in the class. Some gear may be available for individual rent/reservation at the ALI (Adventure Leadership Institute) front desk in the Dixon Recreation Center.

• Transportation: Students will provide their own transportation to and from the hike sites/trails.

• First Aid Kit: The instructor will carry a first aid kit and other safety gear.

• Personal Smartphones: During class time phones may be used for the purposes of utilizing hike, nature, and GPS apps; emergency contact; or contacting the instructor. Please be respectful and do not use them for social or other personal purposes that are more appropriately managed outside of class time.

• Canvas: The course will use this online portal for all course information and requirements.

STUDENT LEARNING OUTCOMES:

Student Outcomes:
Students will confirm their knowledge by:

• Explaining the value and benefits of hiking.
• Discussing place history and management.
• Identifying the techniques of hiking.
• Describing the proper selection and application of clothing, gear, accessories, hydration systems, and nutrition.
• Explaining elemental safety and stewardship/Leave-no-trace (LNT) practices.
• Discussing basic map skills.

Students will show evidence of their skill by:

• Demonstrating proper hiking travel techniques.
• Selecting and utilizing proper clothing, accessories, hydration systems, equipment, and food while hiking.
• Applying basic safety, map, and stewardship/LNT practices while hiking.

Students will demonstrate their attitudes by:

• Practicing appropriate LNT ethics.
• Modeling the knowledge and skills learned to hike safety.
• Expressing the values and benefits of hiking.
• Practicing proper preparedness in class.
The Fitness requirement of the OSU Baccalaureate Core specifies that students take HHS 231, Lifetime Health and Fitness, a 2 credit lecture course. In addition students must take a 1 credit lab and may choose from HHS 241-248 or any PAC class. A previously taken PAC class will satisfy this Fitness requirement. The following learning outcome is being assessed in accordance with this requirement: Through regular and sustained engagement, demonstrate the knowledge, skill, and ability to participate in a selected physical activity for health, fitness, sport, or recreation.

COURSE CONTENT:
- Introductions: Class, instructor, syllabus, course design
- Benefits and Value: Health, fitness, soulful re-creation
- Hiking Techniques and Tips: Warm up, rest step, pace, rate of travel, trail etiquette
- Clothing and Footwear: Layering, examples per season
- Equipment and Gear: Backpacks, accessories, essential systems
- Nutrition and Hydration: Calories, systems, packaging
- Safety: Hike itinerary and trip planning, wildlife dangers, toxic vegetation
- Environmental Stewardship: LNT principles, place history and management
- Basic First Aid: Kits, common injuries
- Technology: Navigational tools, phone apps, guidebooks
- Maps: Content, features, reading, utilizing

EVALUATION OF STUDENT PERFORMANCE: (140 total points)
- Attendance - Participation: 80 points. Knowing that unexpected things may arise, students can miss one class without the loss of points. Each class missed after that, regardless of the reason, will result in the loss of 10 points each. Ten points of missed class can be made up through the extra credit opportunities identified below.
- Reflection of Your Experience: 30 points. Due August 14. Submit through Canvas.
  Submit a reflection of your experience as an organized document utilizing an introduction, body, conclusion, and proper writing skills (grammar, punctuation, spelling, etc.). Please use single space and as many pages as it takes to effectively address the following: (1) What you learned throughout the term. (2) Your perspective on the value of hiking and why you/people hike. (3) How learning about a location (history, names, nature, management, purpose, etc.) affects your recreational experience. (4) A re-evaluation of the questions answered on the first day of class. (5) Other thoughts and feelings or even photos you desire to share.
- Small Group Hike Plan and Hike: 30 points. Draft due August 11, final plan due August 13. The class will be divided into small groups to hike the last week of the course. Each small group will plan and record a hike of their choice in a selected area utilizing the required map and hike plan template (provided). A written/paper draft will be due by August 11 for instructor review of its thoroughness and accuracy. Two printed copies of the final plan will be due August 13- one for the instructor, one for your hike group. A copy must also be uploaded to Canvas.
  Extra Credit: A maximum of 10 points of extra credit can be earned. Due August 14 or earlier. Submit through Canvas.
    - Students can earn 10 points by proving and documenting hiking for a minimum of three hours outside of class time. Documentation is to include the following: date, time, location, route, distance, trail description, number of hikers, weather, brief reflection on your experience, and photos. This can be accomplished by one hike or a combination of several to accumulate three hours.
    - Students can earn 10 points by using a phone app to track and log one class-time hike. Gather information in at least five of the following categories: route, location, map, distance, pace, duration, elevation gain/loss, calories burned. Also record date, time of day, weather, size of your hike group, and a short trail description. Include a brief review of the app, the hike, and your experience. Submit this as a short document with an introduction, body (data, graphs, photos, maps, reviews), and conclusion. There are many free apps in the categories of hiking, GPS, fitness, running, biking, and etc. that will gather information. Some apps previously used include GPS Hiker, All Trails, Map My Hike, Hike Mate, GPS Maps 3D, and Runtastic.

Grading Scale: >92.9% = A, 90% = A-, 87% = B+, 83% = B, 80% = B-, 77% = C+, 73% = C, 70% = C-, 67% = D+, 63% = D, 60% = D-, 59% = F

Students who add this course during the first week of the term will not have that absence count against their final grade.

DIVERSITY STATEMENT: The PAC Program strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.
STATEMENT REGARDING STUDENTS WITH DISABILITIES: Accommodations are collaborative efforts between students, faculty and Disability Access Services (DAS) with accommodations approved through DAS are responsible for contacting the faculty member in charge of the course prior to or during the first week of the term to discuss accommodations. Students who believe they are eligible for accommodations but who have not yet obtained approval through DAS should contact DAS immediately at 541-737-4098.

STATEMENT REGARDING RELIGIOUS ACCOMMODATION: As instructors we are required to provide reasonable accommodations for sincerely held religious beliefs. It is incumbent on you to make us aware of the request as soon as possible prior to the need for the accommodation. See the Religious Accommodation of Students Policy.

ACADEMIC INTEGRITY: Students are expected to comply with all regulations pertaining to academic honesty. For further information, visit http://oregonstate.edu/studentconduct/offenses-0, or contact the office of Student Conduct and Community Standards (SCCS) at 541-737-3656.

OAR 576-015-0020 (2) Academic or Scholarly Dishonesty:

- a) Academic or Scholarly Dishonesty is defined as an act of deception in which a Student seeks to claim credit for the work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student's own efforts or the efforts of another.
- b) It includes:
  - i) CHEATING - use or attempted use of unauthorized materials, information or study aids, or an act of deceit by which a Student attempts to misrepresent mastery of academic effort or information. This includes but is not limited to unauthorized copying or collaboration on a test or assignment, using prohibited materials and texts, any misuse of an electronic device, or using any deceptive means to gain academic credit.
  - ii) FABRICATION - falsification or invention of any information including but not limited to falsifying research, inventing or exaggerating data, or listing incorrect or fictitious references.
  - iii) ASSISTING - helping another commit an act of academic dishonesty. This includes but is not limited to paying or bribing someone to acquire a test or assignment, changing someone's grades or academic records, taking a test/doing an assignment for someone else by any means, including misuse of an electronic device. It is a violation of Oregon state law to create and offer to sell part or all of an educational assignment to another person (ORS 165.114).
  - iv) TAMPERING - altering or interfering with evaluation instruments or documents.
  - v) PLAGIARISM - representing the words or ideas of another person or presenting someone else's words, ideas, artistry or data as one's own, or using one's own previously submitted work. Plagiarism includes but is not limited to copying another person's work (including unpublished material) without appropriate referencing, presenting someone else's opinions and theories as one's own, or working jointly on a project and then submitting it as one's own.
- c) Academic Dishonesty cases are handled initially by the academic units, following the process outlined in the University's Academic Dishonesty Report Form, and will also be referred to SCCS for action under these rules.

STATEMENT OF RISK, RESPONSIBILITY, CONDUCT, AND FEES: Risk is associated with many of life's activities including the OSU Physical Activity Course (PAC) Program. The College of Health and Human Sciences and the Department of Nutrition and Exercise Sciences will minimize these risks by providing safe activity areas, adequate equipment, and capable instruction. It is highly recommended that you give very serious consideration to providing yourself with a student health/accident insurance policy. These are available through the University, private carriers, or in many cases, through a family policy. If uninsured, relatively minor accidents and/or health problems can lead to great expense.

If you have a condition that might affect or be affected by participation in this activity class, please inform your instructor either verbally or in writing. If you have a condition that might require special accommodations or concern, please indicate this to the instructor immediately. If you become ill during class, please notify the instructor immediately and before leaving class. Should you become ill or get injured and not be able to fully participate in classes there are alternatives to allow you to still get credit. One option is to attend PAC 100 Adapted Physical Activity, which can be arranged through your instructor. Please communicate with your instructor if you have a problem during the term.

Hiking is not a high risk activity; however, it is a physical activity that takes place in the outdoors. Some, but not all, risks may include the following: Muscle and joint injuries associated with uneven terrain, trips, slips, or falls. Soft tissue and eye injuries (scratches, pokes, bruises) associated with walking in wooded or vegetated areas. Environmental injuries of wind chop or hypothermia from exposure to cold and wet environments with inadequate gear and/or clothing. Environmental injuries of sun burn from exposure to and/or lack of adequate protection form UV rays. Dehydration and blood sugar irregularities from inadequate hydration and nutrition. Exposure to toxic vegetation such as poison oak. It is the responsibility of the students involved to know their own limits and body. If individuals experience pains due to the activity, they should inform the instructor.
All participants in this course must conduct themselves in a manner that does not endanger themselves or others, and this includes being free of the effects of drugs of alcohol while in class. Students must take precautions to help protect themselves and others in the class. A laboratory fee to help offset the high cost of the program accompanies all PAC classes. Fees are not necessarily connected directly to the specific class but go to support all aspects of the program. Refunds of the PAC fee follow the University guidelines for refunds as printed in the Schedule of Classes. Fees are billed to student accounts.

ALI BEHAVIOR POLICIES: This section is designed to provide a general outline of policies regarding student behavior while in ALI courses and on ALI (or ALI sponsored) outings.

• Students should conduct themselves in a manner consistent with the University’s code of conduct, mission statement, and the Department of Recreational Sports’ Human Dignity Statement. “We recognize, understand, and encourage celebration of the human differences that surround us and ask our users to participate in fostering this spirit. Expression of bigotry, hatred, prejudices, or disrespect is inconsistent with the educational mission of the University and contradicts the values of healthy living and fair play. We value and recognize that each individual can make a unique contribution. We recognize, understand and encourage celebration of the human difference that surrounds us. We ask you to participate in fostering this spirit.”

• Students should be respectful of any outside agency’s rules, regulations and/or policies while on outings or trips.

• Students who choose to behave in a manner that is not consistent with these expectations will face disciplinary action that is consistent with the infraction. Specific examples listed below are designed to provide an overview of common issues and their resolutions; it is not an exhaustive list of all prohibited behaviors and their consequences.

• Failure to follow instructions: If an individual fails to follow instruction/direction while on an outing and that failure puts that student or others at risk, the individual could be removed from the trip/event and a meeting will be scheduled to determine further consequences to the actions. The individual may be referred to the Office of Student Conduct and Community. Actions that show a lack of judgment will be treated as putting that student and/or others at risk, and that student will face disciplinary actions including, but not limited to, the reduction of overall grade, loss of credit or referral to the Office of Student Conduct and Community.

• Drugs, Alcohol and Tobacco: The use of any illicit drugs, alcohol, and/or tobacco or the abuse of any other substance will not be tolerated within the ALI frame work, including classroom lectures, outings and Adventure Club sponsored events. Failure to follow these guidelines will result in the individual being removed from the event and a follow-up meeting scheduled with the ALI Director. In the event that the event occurs while away from campus, the individual will be responsible for finding his/her own transportation from the event. Any individual that chooses to engage in these behaviors will no longer be allowed to take part in ALI sponsored events/outings, and may be referred to the Office of Student Conduct and Community.

• Physical, sexual or other types of harassment: No type of physical, verbal, mental, sexual or other type of harassment will be tolerated while on an ALI sponsored outing or event. Individuals who participate in this type of behavior may be asked to leave the event/outing and will have a disciplinary meeting with the ALI director scheduled. The incident may be reported to the Office of Student Conduct and Community.

• Mutually exclusive relationships: While engaged in ALI sponsored events or outings individuals will refrain from engaging/entering into mutually exclusive relations with others. This includes, yet is not limited to, sexual relations between students, instructors and students, students and trip leaders/facilitators, and between instructors. Individuals who engage in such behavior may be asked to leave the outing/event and a conduct meeting will be scheduled with the ALI director. The incident may be reported to the Office of Student Conduct and Community.

• Consequences of the above infractions: In addition to the above listed consequences, the following actions may be taken by the Instructor of Record: Expulsion from the course (resulting in a failing grade); Loss of credit for the field experience and/or participation portion of the course; Reduction of overall grade.

STUDENT EVALUATION OF TEACHING: Course evaluation results are extremely important and are used to help me improve this course and the learning experience of future students. For information about the OSU electronic Student Evaluation of Teaching (eSET), see Student Information and FAQs. Course evaluation results are not made available to instructors until after grades are posted.
Checklist of Items for Class- Summer

Clothing:
Wear or have the following available to respond to changing weather conditions and/or put on during hike or instructional breaks. Synthetic and wool materials are beneficial for warmth. Synthetic or cotton layers are helpful to stay cool. All items are recommended, yet please note the minimum required.
• Cotton or light-weight wicking base layer top [REQUIRED]
• Athletic/outdoor pants or shorts [REQUIRED]
• Light-weight insulating top (long underwear, long sleeve T-shirt, fleece, light jacket) [REQUIRED]
• Long sleeve sun shirt
• Waterproof top [REQUIRED]
• Hiking socks [REQUIRED]
• Hiking shoes or boots (close-toed, durable, comfortable, broken in, able to get wet and muddy)- NO sandals. [REQUIRED]
• Hat with a brim

Gear:
• Corvallis Area Trails Map [REQUIRED]
• Backpack- small to medium day pack [REQUIRED]
• Hydration system to carry at least one liter of water (bottle, bladder, etc.) [REQUIRED]
• Trail snacks [REQUIRED]
• Sunglasses
• Sunscreen
• Time piece or watch
• Trash bag

Optional Other Stuff:
• Trekking poles, especially if you have sore knees or want to practice with them
• Binoculars
• Camera
• Notepad and writing utensil
• Compass or GPS
• Guidebooks or nature books (trees, plants, birds, local history, weather, wildlife, etc.)