

PE 183A : Beginning Hiking

Introduces hiking concepts and skills necessary to hike safely as a regular fitness activity. Includes fitness for hiking, route planning, safety, and environmental considerations. Required: Be able to comfortably walk on outdoor trails for three miles or more. Be prepared for day hiking trips off campus by providing your own transportation, parking fees and equipment.

Student provides appropriate clothing, shoes, and equipment. Small backpack, water bottle/bladder, and hiking or trail shoes required.

Credits 1

Subject

Physical Education

Course Outcomes

Upon completion of the course students should be able to:

- Improve overall physical conditioning through participation in hiking activities.
- Apply basic hiking skills and concepts when planning safe and enjoyable hikes.
- Utilize environmentally conscious practices when participating in hiking activities.
- Recognize how to use hiking in a lifelong fitness, health, and wellness program.