

COURSE IMPLEMENTATION DATE:	September 1998
COURSE REVISED IMPLEMENTATION DATE:	January 2008
COURSE TO BE REVIEWED:	November 2011
(Four years after UPAC final approval date)	(MONTH YEAR)

OFFICIAL COURSE OUTLINE INFORMATION

Students are advised to keep course outlines in personal files for future use.

Shaded headings are subject to change at the discretion of the department and the material will vary - see course syllabus available from instructor

FACULTY/DEPARTMENT:	Kinesiology & Physical Education	
KPE 131		3
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS
	Land-Based Recreation	
COURSE DESCRIPTIVE TITLE		

CALENDAR DESCRIPTION:

This course will move in a progression through all the skills necessary to travel safely in the backcountry by means of hiking and backpacking. Interpersonal skills as well as backpacking skills will be developed in a sequential manner. Upon completion of this course, students will be well versed in traveling independently and safely in a variety of terrain features. Preparation will include: development of skills for leading a group, selecting appropriate equipment, basic first aid training, developing risk assessment and emergency plans, self assessment skills, group management skills, and the many aspects of planning, organizing, and realizing a multi-day backpacking trip.

PREREQUISITES: None
COREQUISITES:

SYNONYMOUS COURSE(S)	SERVICE COURSE TO:
(a) Replaces: N/A	
(Course #)	(Department/Program)
(b) Cannot take: N/A for further credit.	
(Course #)	(Department/Program)

TOTAL HOURS PER TERM:	96	TRAINING DAY-BASED INSTRUCTION	
STRUCTURE OF HOURS:		LENGTH OF COURSE:	
Lectures:	10 Hrs	HOURS PER DAY:	
Seminar:	Hrs		
Laboratory:	Hrs		
Field Experience:	86 Hrs		
Student Directed Learning:	Hrs		
Other (Specify):	Hrs		

MAXIMUM ENROLLMENT:	18
EXPECTED FREQUENCY OF COURSE OFFERINGS:	
WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)	<input type="checkbox"/> Yes <input type="checkbox"/> No
TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

AUTHORIZATION SIGNATURES:

Course Designer(s):	Nicole Bellay		Chairperson:	
Department Head:	Gregory Anderson		Dean:	Wanda Gordon
UPAC Approval in Principle Date:			UPAC Final Approval Date:	Nov. 23, 2007

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

1. To familiarize with outdoor equipment and clothing relating to backpacking trip
2. To familiarize with risk management planning
3. To learn about basic communication and leadership theory
4. To familiarize with trip preparation
5. To learn basic map and compass use
6. To bring a conscientiousness of the impact of traveling in the wilderness
7. To learn basic climbing skills and safety measures related to indoor rock climbing
8. To learn the importance of good nutrition and food planning
9. Acquire First Aid training (OFA 1)

METHODS:

This course places a high emphasis on hands-on practical experience and application. This course will have two components. One part of the course will take place in the classroom, with a focus on planning, preparation, group management, and other related aspects of backpacking and indoor rock climbing. The second component of the course will have an emphasis on building the foundation necessary for hiking and backpacking. This aspect of the course will take place in various locations around BC with a progression from day trips to multi-day trips. The activities will require a relatively high level of fitness, and students should expect to hike in various weather conditions.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check:) Yes No

METHODS OF OBTAINING PLAR:

Challenge exam with portfolio assessment.

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

N/A

SUPPLIES / MATERIALS:

- appropriate clothing for a variety of weather conditions (e.g. cold, wet)
- rain gear
- water bottles (it is recommended not to share water bottles)
- sleeping bag (for summer and/or winter use)
- sleeping pad (foam or Therma rest)
- trail eating utensils (unbreakable bowl, cup, spoon, etc.)
- pocket knife
- personal first aid kit including blister kit
- headlamp and batteries
- whistle

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

Written test	40%
Trip plan	35%
Backpacking trip:	
- Self evaluation	5%
- Hard skills	10%
Trip report (notebook)	10%

COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

This course will cover the following topics;
outdoor equipment
risk management
communication and leadership
trip preparation
map and compass
environmental concerns
rock climbing
trip report
nutrition
first aid