

North Hennepin Community College

EXSC 1740: Hiking

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is an introduction to the outdoor leisure sport of hiking. Students will have the opportunity to explore a number of different parks and experience recreational hiking, either in groups or solo. Instruction includes hiking basics, first aid on the trail, trail navigation, and preparation for a days hiking experience.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. This course gives students basic knowledge and experience hiking local parks. Instruction includes basic hiking precautions and first aid, trail food and preparation for a day-long hiking experience.

D. LEARNING OUTCOMES (General)

1. Course outcomes depend on the individual students participation in class and its activities. Students who consistently work for improvement should:
 - Demonstrate skill in planning and preparing for hiking experiences. (NHCC ELOs 1, 2; PE Dept. Goals 1,2a)
 - 2. Demonstrate skill in preparing for emergencies on the trail using basic first aid skills. (NHCC ELO 3; PE Dept. Goals 3b,d)
 - 3. Practice Leave no Trace Principles. (NHCC ELOs 1, 2, 4; PE Dept. Goals 1, 2a, 4b)
 - 4. Demonstrate ability to prevent hypothermia and frostbite. (NHCC ELO 3; PE Dept. goals 3b, d)
 - 5. Navigate on the trail by using a map and compass and/or a GPS unit. (NHCC ELOs 1, 3; PE Dept. Goals 1,3b,d)

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.