

# Inver Hills Community College

## PHED 2208: Backpacking

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Provides instruction and experience related to backpacking, including equipment and camping in a wilderness environment. This course will take place over one weekend with one class period on-campus prior to the trip for course orientation. This course requires moderate to vigorous physical activity. Equipment is available for rental from the IHCC Outdoor Center for a nominal fee. Special fee is required. Pass/Fail grading option only.

**B. COURSE EFFECTIVE DATES:** 01/01/1998 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Aspects of forest natural history: 5%
2. Back country campsite selection, set-up, and camp duties: 30%
3. Backpacking equipment, packing concerns and techniques: 15%
4. Backpacking skills: 30%
5. Minimum impact camping techniques: 10%
6. Proper post-trip gear care: 10%

### D. LEARNING OUTCOMES (General)

1. Describe three types of backpack and the appropriate uses of each
2. Identify proper camping gear and clothing for an overnight backpacking trip
3. Demonstrate methods of waterproofed packing of gear in a backpack
4. Demonstrate minimum impact camping and hiking techniques
5. Set up a working backcountry camp site
6. Describe basic backpacking food concerns including nutrition, preparation of meals, and proper garbage disposal

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted