

HPER 148 : Hiking

Credits: 2

Class Hours: 4 lecture/lab

Recommended: Medical clearance if you've been inactive. Able to walk at least 3 miles at one time.

Description: This is an introductory hiking course designed to impart skills such as fitness preparation, navigation, and the logistics of planning a hiking trip on Kaua'i. This class will also examine certain aspects of group dynamics such as problem solving, communication, stress management, and leadership. Hawaiian folklore will be explored on some of the hikes. There will be class meetings for lecture and fitness to prep for the hikes, as well as day hiking trips.

Semester Offered: Fall, Spring

Course Student Learning Outcomes (CSLOs):

1. Evaluate the conditions necessary for safe hiking preparedness, choose appropriate equipment, and plan a hiking trip.
2. Identify how to minimize the impact on the natural environment while hiking and articulate the concepts of sustainability.
3. Identify fundamental outdoor skills and be able to safely navigate back country conditions.
4. Discuss the relationship of Hawaiian folklore to the location of hikes and the value to present life.
5. Demonstrate a positive change in personal fitness as it relates to cardiovascular endurance and muscular endurance.
6. Identify mental and physical health benefits to be derived from hiking.