

HHPA 105 : BACKPACKING

Transcript title

Backpacking

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Provides instruction for backpacking.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of Outdoor Activities to develop overall physical fitness and enhance sport activities.
3. Demonstrate clothing choices that will help keep a person safe and comfortable in an outdoor environment.
4. Promote, demonstrate, and participate in the "leave no trace" philosophy.
5. Execute safe travel techniques on and off backcountry trails.
6. Carry out minimum impact techniques for camping and wilderness travel.
7. Navigate by map and compass.

Content outline

Introduction, to Backpacking Clothing, equipment and footwear
Preparation Map Reading Compass Use Useful Knots and Tarp Shelter
Construction Campsite Selection and Water Treatment Leave No Trace
Techniques Open topics

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health