Instructor: Brittni Kohler  
Credit: 1  
Office: HPER 111  
Time: W 1:00-3:50 (9/3-10/29)  
Office Hours: M/W 10:30-11:30 T/TH 8:00-9:00  
Room: Various Trailheads (see schedule below)  
E-Mail: brittni.hopkin@aggiemail.usu.edu

**COURSE OVERVIEW**
This course had been designed to provide student with skills and knowledge in hiking, with an emphasis on leave no trace techniques and safe operations in an outdoor environment.

**COURSE OBJECTIVES**
1. To provide students with basic skills related to hiking preparation, including appropriate clothing choices, personal first aid kits, weather considerations, 10 essentials to bring along.
2. To introduce and educate students on leave no trace techniques.
3. To increase student’s awareness of the cardiovascular health benefits of hiking.

**GRADING**
1. Course is graded Pass/Fail.
2. After Three (3) absences the students will lose credit and receive an “F” grade.
3. Attendance, participation, and a two-page paper about an individual hike are the primary grading criteria (Paper criteria are listed below).
4. Non-participation counts as an absence.
5. After Three (3) tardies an absence will occur.

**ATTIRE**
Proper shoes are required as a means of reducing risk of injury to feet, knees, and lower leg. No flip-flops or open-toe shoes will be allowed- this includes chacos. Students should dress in layers as the weather can change during the duration of the hike. Students not appropriately dressed will not be allowed to participate on that day’s hike and will be counted absent that day.

**SCHEDULE**

**Students are responsible for their own transportation to and from the trailhead each week**

<table>
<thead>
<tr>
<th>Date</th>
<th>Hike/ Location</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 27</td>
<td>HPER Lobby</td>
<td>Syllabus &amp; 10 Essentials &amp; Clothing Basics</td>
</tr>
<tr>
<td>September 3</td>
<td>Logan River Trail- meet at First Dam</td>
<td>Hiking Etiquette and Leave No Trace Principles</td>
</tr>
<tr>
<td>September 10</td>
<td>Bonneville Shoreline trail- meet at First Dam</td>
<td>Individual First Aid</td>
</tr>
<tr>
<td>September 17</td>
<td>Deer Fence Trail- meet at Providence Canyon Parking lot</td>
<td>Preparing for Different Weather Conditions</td>
</tr>
<tr>
<td>September 24</td>
<td>Providence Canyon Trail</td>
<td>Safety Considerations &amp; What to Do If Lost</td>
</tr>
<tr>
<td>October 1</td>
<td>The Wind Caves</td>
<td>How to Build Shelters</td>
</tr>
<tr>
<td>October 8</td>
<td>Green Canyon</td>
<td>Fire &amp; Fire Safety</td>
</tr>
<tr>
<td>October 15</td>
<td>White Pine</td>
<td>Hiking During Hunting Season</td>
</tr>
<tr>
<td>October 22</td>
<td>Student’s planned hike</td>
<td>--------</td>
</tr>
<tr>
<td>October 29</td>
<td>Naomi Peak</td>
<td>Student’s Choice Topic</td>
</tr>
</tbody>
</table>

*Schedule is subject to change at instructor’s discretion*  
**We will hike in the cold, light snow, and light rain so please dress appropriately and be prepared for changes in the weather.**
STUDENT PLANNED HIKE AND PAPER

Students are required to plan and go on one hike themselves. October 22 is set aside for this hike to take place but the hike can occur at anytime before the due date. This hike must be at least 3 miles long. Students can go on this hike with classmates or anyone else they choose. A two-page paper about this hike is due to the instructor by 5pm on Wednesday October 29. This paper must be a minimum on two-pages double-spaced, Times New Roman 12 point font. The paper must address all of the following questions:

1. Which hike did you go on and how long was the hike? Distance & length of time as well as name of the hike.
2. Who did you go with?
3. What was the weather like?
4. What did you see?
5. What did you like about this hike?
6. What did you dislike about this hike?
7. What would you do differently next time?
8. How did you feel about this hike in general?
9. What information that we have discussed this semester did you use?
10. Why did you choose this particular hike?

If you have any questions regarding this assignment please contact the instructor for clarification.

OTHER

The $40.00 lab fee covers the use and replacement of equipment as needed.

If you experience any of the following symptoms, please stop your activities and alert your instructor.

- Lightheaded/Dizziness
- Chest Pain/Tightness
- Nausea
- Allergic Reactions
- Severe Breathlessness or Trouble Breathing
- Unusual Fatigue

** DO NOT SEEK PRIVACY **

NOTICE

Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

Students MUST take the Release Form Quiz on Canvas – BEFORE they can participate!