

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. Repeatable for credit.

Course learning outcomes

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

Content outline

1. Introduction to Backpacking
2. Clothing, equipment and footwear Preparation
3. Map Reading and Compass Use
4. Useful Knots and Tarp Shelter Construction
5. Campsite Selection and Water Treatment
6. Leave No Trace Techniques
7. 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