All Fields Report

Basic Course Information

College	Cañada College
Discipline	FITN-Kinesiology - Fitness
Course Number	308.1
Full Course Title	Hiking and Trekking for Fitness I
Catalog Course Description	Introduction to the cardiovascular and fitness related benefits of hiking and trekking. A fitness course for the outdoor enthusiast, classes are conducted on local Bay Area trails.
Class Schedule Course Description	Introduction to the cardiovascular and fitness related benefits of hiking and trekking. A fitness course for the outdoor enthusiast, classes are conducted on local Bay Area trails.

Proposal Information

Proposed Start	Year: 2021 Semester: Fall
Proposed Curriculum Committee Meeting Date:	09/25/2020
Deadline for submission to Dean's Queue:	08/20/2020
Deadline for submission of curriculum proposal to the Technical Review Committee:	09/01/2020
Proposal Origination Date:	01/21/2015
Justification For Board Report OR Curriculum Inventory update:	1. For NEW Courses: Provide a brief justification statement describing the need for the course, its place in the curriculum, and pertinent information such as the role of advisory committees. New courses require approval of the SMCCCD Board of Trustees. The justification statement will be included on the annual Curricular Board report. Use complete sentences and present tense. 2. For all types of Course MODIFICATIONS (modifications, banking, deletions and reactivations): Provide a brief justification statement describing the need for the change. The justification statement will be used for course updates in the State Curriculum Inventory as necessary. Use complete sentences and present tense. Hiking and trekking for fitness provides students the ability to learn about basic fitness principles via hiking trails in the areas they live. With nearly one thousand hiking trails in the bay area alone, students would be introduced to new trails and opportunities to exercise near campus and their homes. The class is a core course for the AA and AA-T in Kinesiology degree.
Honors Course	No
Open Entry/Open Exit	No 0

Equivalent Courses

Will this course replace an existing course in the catalog, or an experimental course?	No
If yes, identify and explain.	

Similar Courses

Is there a similar or equivalent course in	Yes

SMCCCD?	
Added Similar Courses	FITN 308.1 (Skyline College)

Units/Hours

Unit Types	Fixed
Units	Min: 1.00
Variable Range	Range (or)

Hours

Please enter hours as per term values

Method	Min Hours	Max Hours	Min Faculty Load	Min Units
Lecture	0.00	0.00	0.00	0.00
Lab	48.00	54.00	2.25	1.00
TBA	0.00	0.00	0.00	0.00
Work Experience	0.00	0.00	0.00	0.00
Field Experience	0.00	0.00	0.00	0.00
Other	0.00	0.00	0.00	0.00
Homework	0.00	0.00	0.00	0.00
Other Hours				

Course Details

Repeatable for Credit	No
Grading Methods	Grade Option (Letter Grade or Pass/No Pass)
Audit	Yes

Materials Fee

Fee Required?	No

Student Learning Outcomes

Upon successful completion of this course, a student will meet the following outcomes:

1. Understand the health benefits of hiking and trekking.

2. Demonstrate an increase in cardiovascular endurance.

3. Demonstrate beginning level proficiency in hiking and trekking technique.

Course Objectives

Upon successful completion of this course, a student will be able to:

1. Demonstrate, at a beginning level, safe and proper use of trails for no-impact trail utilization.

2. Calculate maximum and training heart rates at a beginning level.

3. Demonstrate, at a beginning level, an understanding of general concepts of physical fitness.

4. Recognize the name and location of 10 bay area trails.

5. Perform proper warm-up and cool-down stretches.

6. Understand proper footwear, clothing and safety issues.

Course Lecture Content

Course Lab Content

1. Warming up and Cooling Down
    1. Warming up
        1. Dynamic warmup
        2. Warming up large muscle groups
    2. Cooling Down
        1. Static stretching
            1. Static stretching vs. Dynamic stretching
            2. Stretching techniques to avoid
2. Hiking, Trekking, and Walking
    1. Technique
        1. Posture
        2. Pace
        3. Foot Strike
    2. Hiking vs. Trekking vs. Walking
3. Introduction to trail hazards
    1. Weather
        1. Hiking in adverse weather
    2. Trail and location specific hazards
        1. Poisonous plants
        2. Insects
        3. Snakes
    3. Trip hazards
    4. Trail safety and use principles
        1. Reading signs
        2. Using maps
4. Proper hiking equipment
    1. Trekking poles
    2. Footwear
        1. Flat vs Neutral
        2. Hiking specific shoes
        3. Shoe fit and comfort
    3. Clothing
        1. insulation
        2. layers
    4. Sun protection
5. Dehydration
    1. Water intake recommendations
    2. Signs of dehydration
6. Introduction to local hiking trails
7. Choosing a hiking route
    1. Time
    2. Fitness level
    3. Distance
    4. Elevation gain
    5. Time of year/weather
8. General fitness concepts
    1. Maximum heart rate and exercise heart rate
    2. Aerobic vs. Anerobic
    3. Cardiorespiratory training
    4. ACSM (American College of Sports Medicine) guidelines for exercise
    5. Aerobic benefits of exercise
9. Setting exercise goals
    1. Specific Goals
    2. Measurable Goals

        3. Attainable Goals
        4. Realistic Goals
        5. Time-based Goals
   10. Injury prevention and care
        1. Tips for preventing injuries
        2. Injury care
            1. Protection, Rest, Ice, Compression, Elevation
   11. Health benefits of hiking and trekking
        1. Lower blood pressure
        2. Lower cholesterol
        3. Lower Body Fat
        4. Risk of cardiovascular disease
        5. Bone density
        6. Emotional well being
            1. Lower stress levels, improved mood, and enhanced mental wellbeing

TBA Hours Content

Frequently Recommended Preparation

Frequently Recommended	Eligibility for READ 836 and ENGL 836; or ENGL 847 or ESL 400.
	Writing
	1. Write complete sentences and unified paragraphs.
	2. Use correct basic punctuation, grammar and syntax.
	Reading
	1. Read material at 9th grade level accurately and with good comprehension.
	2. Determine word meanings of vocabulary used in material at this level.

Justification for Frequently Recommended Preparation

Why is the knowledge of the recommended course(s), skill(s) or information necessary for students to succeed in the "target" course? Specify the relationship between the recommended knowledge and skills required of students and those taught in the "target course? (Please list the specific proficiencies students must possess in order to succeed in the "target" course.)

Basic reading and writing skills are recommended for outside of class assignments, reading, and navigation in the SMCCD approved online platform.

Other Recommended Preparation

You have no defined requisites.

Prerequisites/Corequisites

You have no defined requisites.

Content Review

You have not defined content review.

Mode of Delivery

Modes of Delivery

Online
Hybrid
Lab

Representative Instructional Methods

Methods	Lab Activity Discussion Individualized Instruction Observation and Demonstration
Other Methods	

Representative Assignments

Writing Assignments
(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

1. Goal setting assignment (one page, once semester)

2. Writing refection or contribution to discussion forum (one page, twice per semester)

Reading Assignments
(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- One chapter (approximately 5 pages per week) will be provided by instructor.

Other Outside Assignments
(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- None

To be Arranged Assignments
(List all assignments, including library assignments. Outside assignments are not required for lab-only courses, although they can be given.)

- None

Representative Methods of Evaluation

This section defines the ways students will demonstrate that they have met the student learning outcomes.

Student grades will be based on multiple measures of student performance. Instructors will develop appropriate classroom assessment methods and procedures for calculating student grades, including the final semester grade. The following list displays typical assessment methods appropriate for this course. The actual assessment methods used in a particular classroom and section will be listed in the instructor?s syllabus.

Methods must effectively evaluate critical thinking. Credit courses must include written communication, problem solving, and/or skills demonstrations.

Multiple measures may include, but are not limited to, the following:

Methods	
	- Class Participation - Class Performance - Class Work - Exams/Tests - Quizzes A. Assessment of fitness level improvement at a beginning level through hiking B. Evaluation of beginning level heart rate computations and their application; evaluation of beginning level personal workout plan C. Assessment of participation in stretching and warm up exercises D. Assessment of participation in beginning level discussions of no-impact hiking and trail safety issues

Representative Texts

Textbooks such as the following are appropriate:

Formatting Style	APA

Textbooks
You have no textbooks defined.

Manuals
You have no manuals defined.

Periodicals
You have no periodicals defined.

Software
You have no software defined.

Other
1. Instructor-generated handouts

Degree/Certificate Applicability

Designation	Degree Credit
Proposed For	AA/AS Degree
Course Designation Text	Are there degrees/certificates to which this course applies? Physical Education degree as an elective; Interdisciplinary Studies Degree: Health and Physical Education

General Education/Degree/Transfer Course

Page Last Saved on Wednesday, Jul 29, 2020 at 4:02 PM

By Jose Pena

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT	
	E2 Pending
CSU Transfer Course	
	Transfers to CSU Approved
Cañada GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT	
	E2 Pending
Cañada: BASIC COMPETENCY REQUIREMENTS	
	Physical Education Approved
UC Transfer Course	
	Transfers to UC Pending

Course Distance Education

Distance Ed Supplement	New distance education supplement
Distance Education	Distance education component was developed by an instructor with training in online pedagogy. Training: Faculty received district approved QOTL training.
Method of Distance Education	Online, Hybrid, Web Assisted Course; (If there are limitations on how this course would be offered please explain below)
Online Method Limitations	
Other Methods	
Course Content and Methodology	The objectives and content of the course are adequately covered by the methods of instruction, assignments, evaluation of student outcomes, and instructional materials. If this course is currently taught in a lecture mode, the department faculty have determined that the same objectives can be achieved in a distance learning mode. The instructional equipment and materials are sufficient. The preparation and training of faculty are sufficient. Regular personal contact between students and instructor is sufficient. Methods of student evaluation are designed to maintain examination security. Evaluation of student outcomes is sufficient to permit review and assessment of the effectiveness of distance education for this course and to provide information for the annual distance education report.
Instructional Methodologies (How will you deliver the course content?):	Announcements/Bulletin Boards E-mail Electronic Forum One-Way Video Conferencing (One-way interactive video and two-way interactive audio) Resource Links Two-Way Video conferencing (Two-way interactive video and audio)
Representative Courseware/Textbooks Materials:	
Methods of Evaluation of Student Performance:	Online quizzes, weekly exercise logs submitted electronically, discussion forums, assignments submitted electronically.
How are you ensuring that students with disabilities can access your course in accordance with Section 508?	Resources will be posted on District approved online teaching platform and available. 1. Videos are captioned 2. Lecture screen-casts are captioned 3. Transcripts are provided for all multi-media files (audio and visual) 4. Alt-text is used for embedded images 5. Standardized formatting is used to support screen readers 6. All files are assessed with Accessibility Check options in Microsoft Office 7. Course is evaluated using the OEI Rubric (Online Education Initiative) 8. Faculty will work with DRC to ensure that proper accommodations are provided for students

Plan for Regular Effective Communication Contact Between Faculty and Student (Title 5, 55204). "Local policies should establish and monitor minimum standards of regular effective contact."

Announcements/Bulletin Boards - For general questions and reminders about upcoming assignments (weekly).

Discussion Boards - At least 4 discussion forums throughout the semester.

Email Communication - Instructor response within 24-48 hours.

Office hours - Weekly

Resources Needed

Adequate Library Resources	Consultation with the Coordinator of Library Services regarding the adequacy of campus and online information resources to fulfill course objectives is required prior to course approval. Inadequate to support the course Please Specify:
Affected Resources	Which of the following resources do you expect to be affected by the offering of this class? Check as many as appropriate. None of the above

Explain what effect the areas you have checked will have upon this college:

Comparable Transfer Course Information

Are there comparable courses?	Yes
Edit/Del	**College Info**

Minimum Qualification

No Minimum Qualifications For this Course

CB Codes

CB03 TOP Code	0835.00 - Physical Education
CB04 Course Credit Status	D - Credit - Degree Applicable
CB05 Course Transfer Status	A = Transferable to both UC and CSU
CB08 Course Basic Skill Status (PBS Status)	2N = Course is not a basic skills course.
CB09 SAM Code	E - Non-Occupational
CB11 California Classification Codes	Y - Credit Course
CB21 Levels Below Transfer	Y = Not Applicable
CB23 Funding	Y = Not Applicable

Agency Category	
CB25 Course General Education Status	Y - Not Applicable
CB26 Course Support Course Status	N - Course is not a support course

Codes/Dates

Entry of Special Dates

Instruction Office Review	09/25/2020
Last Outline Revision	09/25/2020
Content Review	
CC Approval	09/25/2020
DE Approval	09/25/2020
Effective Term	Term: Fall Year: 2021

Web Catalog

Course Family	
Web Catalog	☐ Exclude from Web Catalog

Instructional Services

Implementation Date	

Originator	Katie Perkins
Origination Date	01/21/2015
Proposal Type	Cañada New Course
C-ID Numbers	
CB00 State ID	
CB03 TOP Code	0835.00 - Physical Education
CB04 Course Credit Status	D - Credit - Degree Applicable
CB05 Course Transfer Status	A = Transferable to both UC and CSU
CB08 Course Basic Skill Status (PBS Status)	2N = Course is not a basic skills course.
CB09 SAM Code	E - Non-Occupational
CB10 Course COOP Work Exp-ED	N = Not part of Coop Work Exp
CB11 California Classification Codes	Y - Credit Course
CB13-Special Class Status	N - Not Special
CB21 Levels Below Transfer	Y = Not Applicable
CB22 Non Credit Course Category	Y - Not Applicable
CB23 Funding Agency Category	Y = Not Applicable
CB24-Program Course Status	1 = Program Applicable
CB25 Course General Education Status	Y - Not Applicable
CB26 Course Support Course Status	N - Course is not a support course

Web Catalog Metadata

Key note_uc	

Value
*