

PE 117: HIKING

Four one-day hikes, one overnight hike. Transportation provided to hiking destinations. Emphasis on equipment, preparation, and techniques. Some equipment provided. (E)

Course Student Learning Outcomes

1. Selection, fitting and care of boots; avoiding and treating blisters.
2. Selection of proper clothing; necessity of rain gear.
3. The "ten essentials," how to make an emergency bivouac.
4. Establishing a comfortable camp.
5. Route finding; use of map and compass.
6. Wilderness emergencies; what to do if lost, injured, or if a party member requires evacuation.

Credits: 1

Program: **Physical Education**