

Virginia Western Community College

PED 147

Hiking

Prerequisites

None

Course Description

Introduces physical and mental benefits of walking or hiking as a form of physical exercise. Skills developed include how to plan for a hike, what to take, and how to select a trail relative to individual abilities. Provides hiking opportunities to explore local regions. Develops awareness of safety, weather, and ecological considerations. (VCCS MCR Description)

This class introduces the physical and mental benefits of walking or hiking as a form of physical exercise. Provides hiking opportunities to explore local regions. (Additional Description added by the faculty)

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

Course Outcomes

At the completion of this course, the student should be able to:

- Develop a plan prior to hiking
- Evaluate weather, conditions and difficulty of hikes to think and plan safely
- Demonstrate ecological principles by adhering to the "No Trace" principles
- Plan for emergencies
- Have a greater understanding of the benefits of hiking as it relates to fitness and exercise

Topical Description

| | |
|---|---|
| 1 | Hiking Essentials <ul style="list-style-type: none">• Planning• Gear Selection• Physical Difficulty and Trail Selection |
| 2 | Awareness of Safety, Weather and Ecological Considerations |
| 3 | Individual and Group Safety |
| 4 | Emergency Management Planning |
| 5 | No Trace Ecology |
| 6 | Hiking with a Dog |
| 7 | Health and Exercise Benefits of Hiking |

Note to Instructors