

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for RECL 71L

FUNDAMENTALS OF BACKPACKING

Effective: Fall

I. CATALOG DESCRIPTION:

RECL 71L — FUNDAMENTALS OF BACKPACKING — 2.00 units

Introduction to concepts and techniques associated with backpacking. Skills emphasized in this course are designed to increase recreation leadership potential in outdoor recreation and education careers. 1.5 hours lecture, 2 hours laboratory.

1.50 Units Lecture 0.50 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>
Lecture Hours:	27.00
Lab Hours:	27.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. demonstrate knowledge of proper equipment needed for backpacking
2. plan practical, nutritious menus for use on backpacking trips
3. demonstrate knowledge of safety and survival factors important in successful backpacking
4. demonstrate understanding of route finding techniques with a compass and topographical map
5. have increased awareness of problems associated with wilderness conservation and ecological concerns

V. CONTENT:

- A. Physiological concerns associated with backpacking
- B. Selection and maintenance of backpacking equipment
- C. Wilderness cooking and sanitation
- D. Proper selection of clothing
- E. Techniques of route finding and survival (use of map and compass)
- F. The role of the backpacker in facilitating wilderness conservation
- G. Student participation on a backpacking expedition
- H. Backpacking safety and first aid techniques

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Discussion** -
- C. **Audio-visual Activity** - media resources
- D. **Demonstration** - demonstrations and exercises
- E. **Field Trips** - (required)

VII. TYPICAL ASSIGNMENTS:

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Projects
3. Class Participation
4. Final Performance

B. **Frequency**

IX. TYPICAL TEXTS:

1. Harvey Manning *Backpacking: One Step at a Time.*, -, 0.

- X. OTHER MATERIALS REQUIRED OF STUDENTS:
- A. Equipment needed for expedition (may be rented)