

TOPICS IN LIFETIME ACTIVITIES

PE 200 R

Beginning Backpacking

T/TH

Spring 2002

Instructor: Carla Chelko
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Office Hours: T/TH 9-10am.

Text: National Outdoor Leadership Wilderness Guide by Mark Harvey

Course Description:

This course is designed to teach skill development in backpacking technique

Course Objectives:

Upon completion of this course student will be competent in:

- 1) Trip planning & Wilderness ethics
- 2) Wilderness First Aide
- 3) Proper selection and care of equipment
- 4) Map reading

Grading Scale:

90% - 100%	= A
80% - 89%	= B
70% - 79%	= C
60% - 69%	= D
0% - 59%	= F

Mid-Term	=	10%
Final Exam	=	10%
Outings	=	80%

Attendance:

Maximum of 2 absences without penalty.

Extra Costs:

You will need to purchase meals en route to and from the campsite and also food utilized while backpacking.

TRIPS ARE MANDATORY!!

Honor Code: It is the student's responsibility to uphold the honor code as described in the Oxford College handbook.

**PE 200R BACKPACKING
T/Th CALENDAR
MS. CARLA CHELKO**

DATES	INSTRUCTION
JANUARY	
Thursday - 17 th	Introduction
Tuesday - 22 nd	Hike
Thursday - 24 th	Assign Presentation Topics
Tuesday - 29 th	Introduction to the outdoors
Thursday - 31 st	Campsite Selection
FEBRUARY	
Tuesday - 5 th	Hike
Thursday - 7 th	No Class (Conference)
Tuesday - 12 th	Hike
Thursday - 14 th	Equipment
Tuesday - 19 th	Hike
Thursday - 21 st	Equipment
Tuesday - 26 th	Hike
Thursday - 28 th	First Aide
MARCH	
Tuesday - 5 th	Hike
Thursday - 7 th	Cooking
Tuesday - 12 th	Spring Break
Thursday - 14 th	Spring Break
Tuesday - 19 th	Hike
Thursday - 21 st	Maps & Compass
Saturday 23 rd & Sunday 24 th	Overnight Camping Trip
Tuesday - 26 th	Hike
Thursday - 28 th	Setting up Camp
APRIL	
Tuesday - 2 nd	Hike
Thursday - 4 th	Emergency Foods
Tuesday - 9 th	Hike
Thursday - 11 th	Trail Organization
Tuesday - 16 th	Hike
Thursday - 18 th	Trail Identification
Tuesday - 23 rd	Skills Test
Thursday - 25 th	Skills Test
Tuesday - 30th	Final Exam