

HHP 142: Hiking & Backpacking Fall 2018

Meeting: Trexler 272, Mordor, and Beyond Time: MON 2:30–5:30p Instructor: Matthew C. Fleenor
Office: Trexler 266D email: fleenor@roanoke.edu Office Hours: W 3:30 – 5:00p webspace:
<http://webapps.roanoke.edu/mcsp/fleenor/> and by appt

Required Textbook: The Backpacker's Field Manual, Rick Curtis, Three Rivers Press, 2005, ISBN: 1-4000-5309-9

Required Prerequisites: HHP 160

I. Components of Learning

There are several factors that make a course “good” (by good, I mean a healthy combination of the intellectual and the affective). Good courses are also clear about their essential components. Below is an attempt to be clear about how will I operate within HHP 142, as well as my expectations of a student who

is enrolled in HHP142.

Descriptions

Aspiration: My aspiration for you as a result of taking the course is that you will be inspired to spend more time outdoors walking. As a result of this course, I hope you will enjoy being outdoors more, and I hope you will learn something that will make your experience more enjoyable. Since we've all spent time outdoors in the past, I hope you will accept your role as a contributing member of the educational process, and I hope you will extend yourself physically.

Intended Learning Outcomes

The successful student will–

1. explore their own limits of physical exertion.
2. challenge (and be challenged by) colleagues regarding their current understanding of outdoor backpacking, first-aid, and navigation.
3. write paragraphs that pertain to their own experiences of outdoor hiking and backpacking.
4. plan their own weekend-long backpacking trip to a destination of their choice.
5. deepen understanding and application of Leave No Trace principles.

Attendance Policy

Since a portion of your grade in 142 (33%) depends on your attendance, *you must attend every scheduled class period on MON afternoons AND one of the three scheduled weekend backpacking trips*. After the first 15 minutes, no one will be admitted without prerequisite authorization. Your grade will suffer significantly (approximately one letter grade) for each class that you miss. Alternative arrangements (e.g., make-ups) will only be entertained as a result of a discussion with me *beforehand* or an emergency note (death, hospitalization, misdemeanor, etc.) *signed* by a governing official (medical doctor, parent, law enforcer, etc.).

Academic Integrity: I want to foster a mutual respect for the classroom hours that we have together. In light of this, please remember to turn off cell phones, PDAs, etc. during the class and come prepared. Lastly, please be advised that the RC AI policy will be upheld within this course as detailed online at <http://roanoke.edu/A-Z - Index/Registrar/Policies - and Information/Academic Integrity.htm>

Included here is an explanation of how violations of the College's academic integrity policy are handled.

Expected Number of Hours Per Week

Since HHP 142 is a 0.25 credit class, this course expects you to spend at least 3 hours of work each week inside and outside of class. Sometimes you will spend more than that based on the hours watching a movie and reflecting and/or overnight camping. However, there are weeks in which we will not meet, where you will spend very few hours related to the course. Please consult your Course Outline for the details.

II. Modes of Learning

Rubric

Your grade is determined according to the following distribution:

Academic Assignments	33%	Physical Activity	33%	Attendance	33%
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Descriptions

Academic Assignments

There will be a smattering of on-line reading quizzes (9ish), written reflections (3ish), which are listed on the outline, and one final exam. The quizzes will all refer to specific pages in the textbook, and you will complete them prior to coming to class. They are intended to be open-book. The reflections will be based on a movie and will be aimed at broad understanding and personal opinion/preference.

Physical Activity

Although showing up may be "half-the-battle", the remainder is taken through applying what you already know. A third of your grade will be based on the application of what we discuss and learn through physically hiking and backpacking. It is not only that you attend the activities, but that you come prepared with the right equipment and with a good attitude. To the degree that you are in shape, the class will be more enjoyable to you. I recommend at least 3 days a week, in addition to our class meeting, at least one hour of physical activity with elevated heart rate (walking, jogging, swimming, body pump, etc.).

Attendance

A third of your grade is based on "showing up" in adequate physical condition. Please refer to the section above entitled Attendance Policy for details.

III. Course Outline

There is an attached outline of the course sequencing, including the proposed hiking and backpacking trips. We will attempt to follow this sequence closely and I will assign reading accordingly.