

PE 101- HIKING  
WESTERN KENTUCKY UNIVERSITY  
School of Kinesiology, Recreation & Sport  
Winter 2021-2022

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**Office Hours:** By appointment MTWR (9-11am)  
**Class Meetings:** Online

**COURSE EXPLANATION:**

Hiking is a lifetime activity enjoyed for a variety of purposes. Through this course, students will learn simple navigation, the 10 essential items to take on an outing, and basic frontcountry Leave No Trace principles. The students will experience hikes of different lengths, with varied purposes, on different types of trails.

**COURSE OBJECTIVES:**

As a result of taking this course, each student should be able to:

- Develop strength, endurance, and flexibility necessary to hike.
- Demonstrate the fundamentals of trail techniques and group movement along a path.
- Understand how elements of movement (space, time, and effort) apply to hiking.
- Demonstrate basic navigation
- Hike following the principles of Leave No Trace.
- Participate in a variety of hiking experiences.

**WKU Policy on Plagiarism:**

To represent ideas or interpretations taken from another source as one's own is plagiarism. Plagiarism is a serious offence. The academic work of students must be their own. Students must give author(s) credit for any source material used. To lift directly from a source without giving credit is a flagrant act. To present a borrowed passage after having changed a few words, even if the source is cited, is also plagiarism.

**WKU Policy on Cheating:**

No student shall receive or give assistance not authorized by the instructor in taking examinations or in the preparation of an essay, laboratory report, problem assignment, or other project that is submitted for purposes of grade determination.

**Reasonable Accommodations Policy (ADA):**

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, room 1074 of the Student Success Center. The phone number is 270.745.5004. or email at [sarc.connect@wku.edu](mailto:sarc.connect@wku.edu). Please do not request accommodations directly from the professor or instructor without a letter of accommodation from The Student Accessibility Resource Center.

**COURSE REQUIREMENTS and EVALUATION:**

300 total points:

1. Complete all 5 modules on BB (50 pts/module)
  - a. Complete at least 5 hikes and at least 12.5 hours of hiking (at least 1 hike and 2.5 hours per module) – use appropriate tracking software and other verification
  - b. Write 5 hiking journals (1 journal per module)
  - c. Read/watch/discuss content in each module
2. Final Exam from Blackboard content (50 pts)

Grading Scale: 300 total possible points

270-300 = A

240-269.5 = B

210-239.5 = C

180-209.5 = D

Below 180 = Failing

**MODULE INFORMATION:** Each module will include some written information, links to videos and hiking related websites, and possibly a discussion board, as well as the hike and journal assignment.

**JOURNAL INFORMATION:** Combine all elements into 1 Word Doc (.docx) or PDF file (.pdf). You will then upload your hike information to Blackboard.

Heading:

*Your name, Location (park, city/state), Trail name, Hike duration, hike distance, (if possible, include hike elevation)*

Section 1:

*GPS software output (for example, RunKeeper, Map My Walk, Strava, Garmin, Polar - that will track time, distance, and pace, elevation (maybe) and create a map of your hike (maybe).*

Section 2: *Two pictures –please use a TIME/DATE STAMP or your watch/friend's phone showing the date/time:*

1. *A selfie during the hike (can be your feet or a hand), with a nice view*
2. *A selfie with a trail sign.*

Section 3: *Reflection*

*Write a two paragraph entry (3-5 sentences per paragraph) or a 10-30 line poem about the hike.*

#### RECOMMENDED HIKING SAFETY AND BEHAVIOR:

1. **Do not hike alone**
2. **Leave No Trace!** ([www.LNT.org](http://www.LNT.org))
3. **Plan and prepare** – check the weather, dress appropriately
  - a. Leave hike details with family, friends, roommates
  - b. Take the 10 essentials with you (see below and BB for more information)
4. **Dispose of all waste** (garbage and human) properly
  - a. Use existing bathrooms where possible
  - b. If no facilities are available, observe the 3Ps and a D
    - i. Privacy (make sure others can't see you)
    - ii. Proximity (at least 200 feet from trail, roads, and water sources)
    - iii. Pollution (toilet paper ideally should be double-bagged and packed out – baby wipes MUST be packed out. If you are not going to pack out toilet paper – YOU MUST BURY IT!). Take a little extra water for hand washing and bring some biodegradable/phosphate free soap – you could also bring baby wipes and hand sanitizer for cleaning hands.
    - iv. Depth – If you have to poop – carry a small trowel and dig a hole 6-8 inches deep and about 4 inches in diameter. Bury the poop and if you don't pack out toilet paper, you may bury it, as long as you don't use an excessive amount)
5. **Leave what you find** (except garbage) – rocks, flowers, fossils, cultural artifacts
6. **Stay on trails** (even if they're muddy)
7. **Respect wildlife** (Don't drop any food – even natural food like fruit or nuts, keep a distance from wildlife when photographing them – stay out of caves unless you have permission to enter)
8. **Be considerate of other hikers.** Minimize talking, speak softly, show respect to other hikers by allowing them space on the trails, the ability to pass by you, share scenic vistas. Please turn all electronic devices to silent. Talking on cell phone/texting during hiking is unsafe and disturbs others and wildlife. Social Media should only be used during breaks and after a hike. Do not use phones during hikes other than to take a few photos and to turn on tracking apps.

9. Photography should not be disruptive to the other hikers. Do not take photos of other hikers and/or posting on social media without permission.
10. Do not stop the flow of other hikers when taking a break (step carefully off the trail onto a durable surface – preferably at least 25 ft or out of site).

#### CLOTHING and ACCESSORIES:

Students should be prepared for hiking!

- Carry RAINGEAR – poncho or rain jacket and pants
- Wear supportive, closed-toed shoes (that you do not mind getting muddy – STRONGLY ENCOURAGE waterproof hiking shoes or boots) with wicking (polyester or wool blend) socks.
- AVOID WEARING COTTON as it will not insulate the body if wet (and can lead to hypothermia if it gets wet from perspiration or precipitation).
- Students should wear layers of clothing to regulate body temperature. Waterproof and breathable jackets and pants are strongly suggested.
- Consider wearing sunglasses, sunscreen and hats to prevent sunburn.
- On warm days, bug repellent can prevent bites from mosquitoes, ticks, or gnats. Please take precautions to avoid contact with poison ivy and other plants to minimize rashes or allergic reaction.

**Each student should have a small/medium sized backpack and carry the following 10 essentials – at least one item in each of the following areas...**

1. Hydration – Have at least 1 liter/quart (32 oz) of water with you on ALL hikes – have 2 liters on longer hikes (and/or a means to purify water)
2. Nutrition – have some snacks that you carry with you (even if you usually don't eat between meals) – granola bars, fruit, trail mix, beef jerky, hard candy, etc.). If you opt for a hike during a meal time, prepare food like wraps or sandwiches, or bring leftovers that don't require reheating.
3. Insulation and Skin Protection - (extra clothes/accessories)
  - hat for sun, rain and/or warmth
  - dry wicking socks (have an extra pair)
  - waterproof raingear
  - Consider bringing an insulating layer (ex. wool, fleece, or puffy jacket or vest)
  - Sunglasses/sunscreen/lip balm
  - Bug repellent
4. Navigation –
  - map
  - compass
  - GPS
5. Illumination – Flashlight/headlamp and extra batteries
6. Communication – whistle/mirror/cell phone (phone turned to silent - for emergencies only)
7. Emergency Shelter/Accommodation – 2 kitchen sized garbage bags (for emergency) or a small tarp and cord
8. Fire ignition– matches or lighter, AND birthday candle or dry tender, Optional - metal cup to heat water)
9. Repair kit/provisions – small pocket knife/multitool, cord, duct tape, travel sized sewing kit, etc.
10. First aid kit/provisions – please bring a small personal kit that includes band-aids and other personal items to take care of blisters, headaches, allergic reactions, and any prescription and over the counter medications you take regularly –If you tend to have knee or ankle problems bring brace/wrap.
11. Bathroom Anticipation – On long day hikes or where bathrooms are not available, have a bathroom kit – toilet paper, feminine products as needed, plastic zip top bags, baby wipes, hand sanitizer or soap, small trowel/spade)

\*\*\*The schedule and procedures in this course are subject to change in the event of extenuating circumstances. Each student is responsible for taking note of any announced changes. Check BB and Toppermail for class updates.

**Course begins: December 13,  
Check BB site no later than Thursday, December 16!**

**All work must be submitted by NOON, Friday, January 14.  
NO LATE WORK WILL BE ACCEPTED!**

**Module 1:**

**Recommended completion date: – Friday, December 17 by 12:00 pm (noon Central)**

*Topics:* What is hiking? Where can I hike? Leave No Trace, Being Prepared, 10 Essentials, Clothing

*Assignment:* At least 2.5 hours of hiking (can be completed in 1 or more hike) – upload journal 1

**A Peaceful Winter Solstice (Dec 21)**

**Merry Christmas! (December 25)**

**Module 2:**

**Recommended completion date: Friday, December 25 by 12:00pm (noon Central)**

*Topics:* Navigation – map, compass, and GPS

*Assignment:* At least 2.5 hours of hiking (can be completed in 1 or more hike) – upload journal 2

**Happy Kwanzaa! (December 26-January 1)**

**Module 3:**

**Recommended completion date: Friday, December 31 by 12:00pm (noon Central)**

*Topics:* Researching hikes: Estimating hike time - Time Control Plan – using guidebooks – using the web

*Assignment:* At least 2.5 hours of hiking (can be completed in 1 or more hike) – upload journal 3

**Happy New Year!**

**Happy Epiphany, a.k.a.: 12<sup>th</sup> day of Christmas or Three Kings Day (January 6)**

**Module 4:**

**Recommended completion date: Friday, January 7 by 12:00pm (noon Central)**

*Topics:* Hiking techniques – pace, rhythmic breathing, ascending, descending, group hiking

*Assignment:* At least 2.5 hours of hiking (can be completed in 1 or more hike) – upload journal 4

**Module 5:**

**ALL MODULES**

**DUE FRIDAY, January 14 by 12:00pm (noon Central)**

*Topics:* Benefits of hiking – social, psychological, physiological, cognitive, emotional, spiritual

*Assignment:* At least 2.5 hours of hiking (can be completed in 1 or more hike) – upload journal 5

**Final Exam: Opens Monday, January 10 - Due Friday, January 14 by 12:00pm (noon Central)**

**Dream BIG! - Martin Luther King, Jr. Day! (January 17)**

**Welcome to the WKU Spring 2021 semester – January 18**