

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 147 – HIKING (1 CR.)

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. Laboratory 2 hours. Total 2 hours per week.

General Course Purpose

This health-related physical activity course enables the student to engage in longer, more vigorous forms of walking, generally on trails or footpaths.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including strenuous walking and climbing. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Employ proper hiking techniques
- b) Demonstrate appropriate physical conditioning for strenuous outdoor activities
- c) Properly plan and pack for trips
- d) Explain and demonstrate trail safety and courtesy rules
- e) Identify and use local hiking areas
- f) Work cooperatively with others toward common goals

Major Topics to be Included

- a) Basic skills in hiking
- b) Terminology
- c) Personal and group safety
- d) Wilderness ecology
- e) Trip planning and Field trips