

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 121 (001) - Introduction to Backpacking (2)
2 Credit, Spring 7
F 9:00am - 11:00am, Sa 9:00am - 5:00pm, Su 9:00am - 5:00pm / RAC 2203 -
Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces practical and experiential activities for students with starting knowledge of backpacking. Involves discussions, demonstrations, and activities that teach the basics of backpacking. Covers equipment selection, map and compass skills, backcountry cooking, staying healthy in the outdoors, safety and emergency procedures, backcountry ethics (Leave No Trace), and natural history.

Course Overview

Four classroom sessions, one Saturday field experience and one overnight backpacking trip

Course Delivery Method

This course will be delivered using a face-to-face format.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Develop necessary skills to plan and execute a multi-day backpacking trip.
2. Use a map and compass as a wilderness travel aid.
3. Plan and prepare meals using backpacking stoves.

4. Present principles of “Leave No Trace” backpacking.
5. Maintain safe and healthy techniques while traveling in the wilderness.
6. Display expedition behavior and outdoor leadership.

Professional Standards ([Name of relevant Professional and Accrediting Organization(s) or Association(s), if applicable])

Upon completion of this course, students will have met the following professional standards: [State and enumerate specific standards met through this course or "Not Applicable." This information is available from your Academic Program Coordinator, Division Director, or Accreditation and External Reporting Office.]

Required Texts

- Clelland, M., & O’Bannon, A, (2001). *Allen & Mike’s Really Cool Backpackin’ Book: Traveling & camping skills for a wilderness environment!* Helena, MT: Falcon Publishing
- Handouts and other assigned reading will be distributed in class and or via blackboard & email.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Assignments and Examinations

Leave-No-Trace (LNT) Presentation (10 points)

This assignment will be done individually or in groups depending on the size of the class. Each group or individual will be given one of the 7 Leave No Trace principals and is responsible for giving a 10-minute presentation (grades will be given individually). Presentations should be creative employing whatever method chosen to cover the details of the principal that is assigned. Each group will be given a handout with a LNT principal but any resource can be used for the presentations.

I will randomly divide the class into 7 seven group. I will email each group handouts with one of the LNT principals. Everyone is responsible for reviewing the principle they were given, meeting with their group developing a presentation about that principal.

Backpacking Trip & Day Hike attendance (40 points)

All students are required to participate in the overnight backpacking trip and demonstrate skills discussed in class and covered in required readings.

Menu Plan & Camp Cooking Assignment (15 points)

This assignment will be done in assigned tent/ meal groups and contains two parts; a written meal plan and a demonstration during our trip. The meal plan must contain details on ingredients, portion sizes and the preparation required. The meal must contain at least three ingredients and feed four persons.

Final Exam (25 points)

The final exam will be 16 multiple-choice, short-answers and fill in the blank questions covering information from required readings and classroom lectures. Each response holds a value of 4 points with a possible 100 points.

Mock Trip Plan & Presentation (10 points)

Plan a four-day backpacking trip for you and 3 friends. Everyone is required to submit no more than a 3-page plan and conduct a class presentation. The plan and presentation should cover the following topics: goals, location, dates/time of year, personal and group equipment, menu plan, emergency action plan, weather, transportation, permit regulations and points of interest on the trail. Individuals have 10 minutes to present their plan during class with an additional 5 minutes to answer questions by classmates.

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- **Other Requirements** *please see instructor for more information*
- **Course Performance Evaluation Weighting**
- **Grading Policies**

A	= 94– 100	B+	= 88– 89	C+	= 78 – 79	D	= 60– 69
A-	= 90– 93	B	= 84– 87	C	= 74 – 77	F	= 0– 59
		B-	= 80– 83	C-	= 70 – 73		

Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times.

Date		Topic	Readings/ Assignments Due
Fri		Course overview and expectations Trip Planning and map reading lectures Tent/ cooking groups assigned Day Hike details	Read: Travel Techniques section in text Assigned LNT presentations
Sat		Day Hike: Shenandoah National Park Introduction to meal planning	Demonstrate proper trail etiquette
Fri		Stove and cooking demonstration Meal planning and menu ideas	Read: Outdoor Hazard section in text Assigned LNT presentations
Fri		The ABC’s of Packing Tent pitching demo	Pick up gear from OA and bring to class Menu assignment turned in
Sat-Sun		Overnight trip: Shenandoah National Park	Demonstrate skills taught in class Demonstrate meal preparation
Fri		Turn in gear at OA	Course evaluations Exam

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).

- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

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Assessment Rubric(s)