

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

RECR 121 (001) – Introduction to Backpacking  
2 Credits, Fall 2019  
F 1:30pm – 2:45pm, Sa 9:00am – 5:00pm, Su 9:00am – 5:00pm  
RAC 2203 – Fairfax Campus  
8/26-10/13

**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**

Five classroom sessions, one Saturday field experience and one overnight backpacking trip.

Students will work with the instructor to plan and acquire any necessary equipment for the overnight backpacking trip. Equipment for this class is not provided but can be rented for a fee from GMU's Outdoor Adventures program. For more information on the equipment available and costs, please see <https://recreation.gmu.edu/outdoorlearning/outdooradventures/>.

**Course Delivery Method**

This is an activity class.

**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**

Not Applicable

## **Required Texts**

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/or Examinations**

- **Leave-No-Trace (LNT) Presentation**

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.

- **Mock Trip Plan & Presentation**

This assignment will be done in groups of two. Plan a two-day backpacking trip for you and a friend including a meal plan. Everyone is required to submit a plan following a provided template and conduct a class presentation. The plan and presentation should cover the following topics: goals, location, dates/time of year, personal and group equipment, meal 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. Trip Plan will include a written meal plan and a demonstration portion during our overnight trip. The meal plan must contain details for each meal including ingredients, equipment required, waste generated, and packing/storage.

○ **Reflection Paper**

Students will be assigned a reflection paper that will be a response to the backpacking trip and how the class dealt with executing their plan, LNT, teamwork and other aspects that were covered in class. The paper must include reflection on the camp meals, our route, our campsite and the overall feelings about the trip.

● **Other Requirements**

Attendance on the weekend backpacking trip is mandatory. All students should demonstrate teamwork, leadership, respect for others, respect for the environment, and cooperation; you earn points towards your grade.

● **Grading**

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

**Professional Dispositions**

See <https://cehd.gmu.edu/students/polices-procedures/>

**Class Schedule**

Date		Topic(s)	Readings/ Assignments Due
Fri	13-Sep	<ul style="list-style-type: none"> <li>Course overview and expectations</li> <li>Trip Planning and demonstrations</li> <li>Leave No Trace (LNT)</li> </ul>	<ul style="list-style-type: none"> <li>Read: Assigned material</li> </ul>
Fri	20-Sep	<ul style="list-style-type: none"> <li>Trip Planning and demonstrations</li> <li>Leave No Trace (LNT)</li> <li>Day Hike details</li> </ul>	<ul style="list-style-type: none"> <li>Read: Assigned material</li> <li>Assigned LNT presentations</li> </ul>
Sat	21-Sep	<ul style="list-style-type: none"> <li>Day Hike</li> <li>Map and Compass Skills</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate proper trail etiquette</li> </ul>
Fri	27-Sep	<ul style="list-style-type: none"> <li>Packing and Trip Preparation</li> </ul>	<ul style="list-style-type: none"> <li>Pick up gear from OA and bring to class</li> <li>Turn in Mock Trip Plan</li> </ul>
Sat-Sun	28-29 Sep	<ul style="list-style-type: none"> <li>Overnight trip               <ul style="list-style-type: none"> <li>Filtering water</li> <li>Setting up camp</li> <li>Cooking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate skills taught in class</li> </ul>

		<ul style="list-style-type: none"> <li>▪ Hanging bear bags</li> <li>▪</li> </ul>	
Fri	4-Oct	<ul style="list-style-type: none"> <li>• Reflections</li> </ul>	<ul style="list-style-type: none"> <li>• Course evaluations</li> <li>• Turn in Reflection Paper</li> </ul>

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 <https://catalog.gmu.edu/policies/honor-code-system/> ).
- 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 silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto: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/>.

- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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