

PHED 140; *Beginning Backpacking*

May, 2008

Instructor: Dr. L. A. Wiedman

Class Meets: 5 Sunday evenings (7-9)
117b Achatz Hall in March/April and

Trip: May 5-18 2008

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Course Objectives:

- To introduce the life sport of backpacking through participation in several training hikes and a culminating, multi-night wilderness experience
- To familiarize participants with healthy habits to protect themselves from physical harm while in a remote area or on the trail, includes food (planning, selection, purchase), packing and elementary first aid and CPR, and potential animal problems
- To introduce *No Impact* camping and hiking practices
- To insure that participants can read topographic and trail maps and can do elementary orienteering
- To provide assistance in planning a multi-day backpacking experience including schedules, transportation, permits, and participation by others
- To allow participants the unique opportunity to participate in and experience a planned, multi-day backpacking excursion in a remote area of the US

*****Meets with/ shares transportation with BIOL 355 Southwestern Field Studies*****

Texts:

There are several available on basic backpacking. One will be chosen that reflects the level of expertise of the students entering the course. And Red Cross texts on first aid and CPR (certification required) See schedule below**

A Walk in the Woods by Bill Bryson , 1999, Broadway Books, New Yorkor

OR

Over the Edge: Death in the Grand Canyon by M P Ghiglieri and T M Meyers, 2001, Puma Press, Flagstaff AZ

A 4-6 page, Times New Roman, DS, 12 pt font paper reacting to what you read and how you believe you can best use the information gained for your own backpacking experiences, pleasure and growth. Due electronically or hard copy by May 27, 2008.

Logistics:

This course requires strenuous activity not suited for all persons and may require the approval of a physician at the discretion of USF. Equipment including Backpacks, Sleeping Gear, Tents and personal needs are the responsibility of the participant. Water filters and backpacking stoves (two exceptionally expensive items) will be provided by the instructor. There is an **additional fee of \$1100 (if paid in full by March 3, 2008; \$1150 after that date but before March 31, 2008)** that covers the field experience in May. This fee includes all Transportation, Camping and Hiking Fees, Entry Fees, Lodging (in Las Vegas), Field Guide, Meals on trail or in camp. Meals in transit or out of camp (Probably 1 night and 2 lunches) will be the responsibility of the participants.

Participants are expected (and will document) 50 miles of training hikes (minimum of 20 with pack on) prior to the May 9-20 trip. Some will be scheduled as optional with the instructor but can be done independently.

Grading:

- Participation is a primary focus for this class and will count for 50% of the grade.
- If quizzes are given, they will count under the participation heading
- 10% will come from completion of CPR and first aid training
- 10% Reaction Paper for **A Walk in The Woods** or **Over The Edge: Death in the Grand Canyon** Due May 27.
- 30% will be based on assigned materials turned in for evaluation.
- This will include a daily log and journal from the trip and pre-trip training . (10%)
- A complete personal equipment list for a five day backpacking trip (10%)
- An itinerary (complete with permit information, travel routes and plans, food needs menu and staple list, safety needs, et cet) for a five day backpacking trip to an agreed upon destination other than the group trip (20%)

All Materials are Due to the science office by noon Monday, June 12, 2006

A 90+ % A, 80+% B, 70+% C, 60+% D scale will be used.

Schedule: Dates include, but are not limited to Feb. 17, , March 30, April, 13, 27 and (if needed) May 4, then the trip May 5-18, 2008. Sunday meetings will be in Achatz Hall Room 11 from 7-9 pm unless otherwise noted.

Meeting One & Two (Feb. 17 & March 30) - Equipment Options

****CPR & First Aid Cert \$45 cost Monday eve April 7 & 14; 6-9pm Achatz rm 111**

Meeting Three (April 13) - Planning a Backpacking Trip

Meeting Four (April 27) - Health and Safety in the Field

Meeting Five (May 4, if needed) - Final Plans for the Big Trip

There will be several additional meetings during the extended trip in May where discussions on pertinent topics will continue.

Reading materials will be assigned to be completed prior to the class meeting on that topic. Quizzes on the readings will be given at the discretion of the instructor.

****** *If you have a disabling condition that will require an accommodation in tests or class structure, please advise the instructor at the beginning of the course.*******

******Beginning Backpacking may not be taken concurrent with Southwestern or Southern Appalachian Field Studies.******

Have a great time and learn too!