

Course discipline/number/title: PHED 1141: Hiking and Orienteering

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course teaches the use of map and compass for navigational purposes. This class is designed to incorporate the use of map and compass along with a variety of hiking experiences, as a leisure activity and an enjoyable means to physical fitness and a greater appreciation for the outdoors.

C. DATE LAST REVISED (Month, year): March, 2020

D. OUTLINE OF MAJOR CONTENT AREAS:

1. Introduction to Map and Compass
 - a) Reading different styles of maps
 - b) Identifying compass components
2. Using Maps and Compasses
 - a) Following pre-set point-to-point courses using map and compass tools
 - b) Implementing learned skills in the field to shoot, walk and create field bearings
 - c) Utilizing map and compass skills to triangulate locations
3. Proper hiking methods for the safety of the hiker and all members of the group
4. Experience of the outdoors and heighten awareness wilderness preservation
5. Leave No Trace Principles

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate the use of compass and map in a field setting.
2. Exhibit map reading skills and compass reading skills to perform point to point courses.
3. Demonstrate map reading skills and compass reading skills to perform triangulations.
4. Safely perform hikes of a variety of distances and terrain.
5. Explain the importance of preserving wilderness areas, and by example, model good citizenship by using wilderness areas and showing respect to the land by leaving it "as is" for others to also appreciate.
6. Participate in a small group setting to cooperatively problem solve.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Attendance/Participation
2. Daily Assignments
3. Practical Field Skill Exam
4. Written Exam

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any):

1. Course includes off campus course work-students must arrange individual transportation to a variety of sites.
2. Instructor will provide information on sites utilized.