

**Course Outline for:** EXSC 1500 Hiking**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

This course is an activity-based course which involves cardio-respiratory activity in a variety of outdoor settings. Students will learn to select proper clothing, footwear and snowshoe equipment; participate in outdoor training techniques; utilize map reading skills; practice minimum impact principles; and recognize symptoms, treatment and prevention techniques for frostbite, hypothermia, dehydration, and heat exhaustion. This course includes off-campus instruction and participation.

**B. Date last reviewed/updated:** January 2022**C. Outline of Major Content Areas**

1. Appropriate clothing and footwear selections for cold-weather activities
2. Appropriate snowshoe equipment selection
3. Hiking and snowshoeing body mechanics and techniques
4. Safe and effective indoor training techniques
5. Basic map reading skills
6. The principles of Leave No Trace (minimum impact)
7. Symptoms, treatment and prevention of cold-weather health conditions

**D. Course Learning Outcomes**

Upon successful completion of the course, the student will be able to:

1. Demonstrate the value of and improve personal cardio-respiratory and muscular endurance.
2. Demonstrate safe and effective training techniques for hiking and snowshoeing.
3. Demonstrate basic map reading skills in front-country environments.
4. Practice the Leave No Trace philosophy during class workouts.
5. Understand the importance of appropriate clothing, footwear, and equipment selection.
6. Recognize the symptoms and basic treatment for frostbite, hypothermia, dehydration, and heat exhaustion
7. Demonstrate personal preventative measures for cold-weather health conditions during class workouts.

**E. Methods for Assessing Student Learning**

At the discretion of the Instructor, students will be evaluated according to daily class participation, preparation for daily hikes, a written exam, a written self-reflective essay, and practical mini presentations.

**F. Special Information**

This course has additional costs for access to Park systems and/or mandatory trips.