San Diego State University
Department of Exercise and Nutritional Sciences
ENS 138 Camping & Outdoor Skills
1.0 Unit
Fall 2016
Aztec Meeting Center Room A
Tuesdays: 6:00pm – 7:40pm

Instructor: Mark Sanders
Email: m_sanders_14@hotmail.com
Phone: 619-594-6958
Office Hours: Meeting requests can be arranged with instructor

Course Prerequisites

Course Registration Process and Registration Fee Payment:

- Registration for the ENS credit class is completed on SDSU WebPortal (see more information under Student Add Policy for WebPortal).
- Courses located in Aztec Recreation Center (ARC), ARC Express and Aquaplex require an Aztec Recreation membership that may be purchased in person at each location during operating hours. Refer to class description at arc.sdsu.edu/ens classes or your instructor to confirm membership requirement.
- The course registration fee payment is required for all registered students taking for credit or non-credit (if applicable).
- Course registration fee payment must be made within one week after the student drop date through Aztec Recreation (AR) at the Aztec Recreation Center, Aztec Aquaplex, Aztec Lanes, ARC Express or online at arc.sdsu.edu. The registration fee may ONLY be paid through one of these AR locations or website and is NOT included with university billing for tuition and lab fees.
- Students that have not paid fee directly to Aztec Recreation by the deadline will not be permitted to continue participation until payment is made. Please provide copy of your receipt to instructor to verify payment.
- A student’s space in class is not guaranteed until registration fee and membership (if applicable) are paid.
Registration Fee Costs: $359-$389 dependent on chosen Aztec Adventures approved Camping/Hiking Weekend Trip.

This payment covers the cost of training, cost of mandatory trip component, equipment usage, access/permits, transportation, lodging and food for Aztec Adventure Camping/Hiking Weekend.

Important Dates to Remember:

08/29/16 First Day of Classes
09/05/16 Labor Day – No Class
09/12/16 Student Add/Drop Deadline
09/19/16 Deadline to pay registration fee at Aztec Recreation or arc.sdsu.edu

Course Materials

Blackboard Access – Reading Materials, Quizzes, Exams, Skill Assessments

Purpose

The purpose of this course is to introduce basic camping as a life-long outdoor activity providing the essential resources to enhance a broader understanding of this outdoor recreational sport activity.

Course Description

This course provides an introduction to the basic concepts of camping. For five, one hour and 40 minutes classroom sessions and a weekend trip, students will attend a lecture and participate in activities. Students will learn about the various types of backpacking, equipment, techniques, camping ethics/etiquette, trip planning, and practical skill application with a trip component.

Learning Outcomes

By the end of the semester, the student should be able to demonstrate the following skills and knowledge through in-class demonstration and examination:

1) Demonstrate the acquisition and application of sound decision making skills through the experiential learning model.
2) Demonstrate understanding of the applications of outdoor recreation connections, camping etiquette, appreciation of nature, trip planning, and backcountry camping techniques.
3) Identify appropriate gear assessments & use procedures, safety/rescue techniques, and group leadership skills.

School of ENS/Aztec Recreation Learning Goals and Objectives

1) Demonstrate a positive change in personal fitness and wellness.
2) Demonstrate skills and knowledge necessary to participate in the course-specific activity.
3) Demonstrate an understanding of the course-specific activity as it relates to health for overall wellness and student success.
## Assessment & Grading

<table>
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<tr>
<th>Assignment/Exam</th>
<th>Details</th>
<th>Learning Outcomes Assessed</th>
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</thead>
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<tr>
<td>Attendance/ Participation</td>
<td>Active Participation</td>
<td>Course: 1</td>
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<td></td>
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<td>Dept: 2,3</td>
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<tr>
<td>Leave No Trace Quiz</td>
<td>Written Assessment</td>
<td>Course: 1,2,3</td>
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<td>Dept: 2,3</td>
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<tr>
<td>Trip Planning Assignment</td>
<td>Written Assessment</td>
<td>Course: 1,2,3</td>
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<td>Dept: 1,2,3</td>
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<tr>
<td>Cooking Demonstration</td>
<td>Written Assessment</td>
<td>Course: 1,2,3</td>
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<td>Dept: 1,2,3</td>
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<tr>
<td>Present a Skill</td>
<td>Presentation of Skill</td>
<td>Course: 1,2,3</td>
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<td></td>
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<td>Dept: 1,2,3</td>
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<tr>
<td>Camping Skills Quiz</td>
<td>Demonstration of comprehension of camping knowledge</td>
<td>Course: 1,2,3</td>
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<td>Dept: 1,2,3</td>
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<tr>
<td>Weekend Trip</td>
<td>Demonstrate Camping acquired skills</td>
<td>Course: 1,2,3</td>
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<td>Dept: 1,2,3</td>
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<tr>
<td>Program Experiential Essay</td>
<td>Written Reflection of course/ trip experience</td>
<td>Course: 1,2,3</td>
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<td>Dept: 1,2,3</td>
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### Grading Criteria:

Students will be evaluated in the following areas: skill development, written work, class discussion, comprehension, skill assessments, one weekend approved Aztec Adventure Camping/Hiking program and active daily participation.

<table>
<thead>
<tr>
<th>Evaluation Areas</th>
<th>Points</th>
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<tbody>
<tr>
<td>Attendance/ Participation</td>
<td>200 points</td>
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<tr>
<td>Leave No Trace Quiz</td>
<td>50 points</td>
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<tr>
<td>Trip Planning Assignment</td>
<td>50 points</td>
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<tr>
<td>Cooking Demonstration</td>
<td>50 points</td>
</tr>
<tr>
<td>Present a Skill</td>
<td>100 points</td>
</tr>
<tr>
<td>Camping Skills Quiz</td>
<td>100 points</td>
</tr>
<tr>
<td>Weekend Trip</td>
<td>350 points</td>
</tr>
<tr>
<td>Program Experiential Essay</td>
<td>100 points</td>
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<tr>
<td><strong>Total</strong></td>
<td>1000 points</td>
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</table>

### Grading Scale:

- 90-100% A
- 80-89% B
- 70-79% C or Credit
- 60-69% D or No Credit
- <60% F or No Credit
Incomplete (I): If portion of the coursework has not been completed and evaluated due to unforeseen, but fully justified reasons, there is a possibility of earning credit. This grading option will be used when a student is unable to complete practical requirements for the course due to illness, injury, or emergency situation. The missed assignments will typically make up the in the following semester but no later than one calendar year immediately following the end of the term in which the incomplete grade is assigned.

Withdrawal Unauthorized (WU): This indicates you enrolled in the course, did not withdraw from the course but failed to complete the requirements. It is typically used when a student stops coming to class and therefore misses a significant number of assignments, course activities, or both.

Expectations and Class Policies

Attendance/Participation:

This class is designed to provide students with a mix of theoretical concepts and practical experience. You will be expected to participate in each day’s activities since the best way for you to develop practical knowledge is to experience these skills. Your participation is critical.

Each day of class participation is 40 points. Due to the number of class sessions (five), 40 points will be deducted for each absence.

Participation points may be deducted if the following are not adhered to:

- Wear proper attire (active wear allowing freedom of movement, socks and closed toed athletic shoes)
- Be on time for class and stay for the entire class
- Be physically engaged in activity demonstrating sincere effort for all tasks
- Demonstrate respectful behavior at all times and be supportive of your classmates
- Cell phones must be turned off and put away during class
- No food or beverages other than water in closed container

Absence Policy:

- Attendance is required every class period.
- Absences due to illness, which is documented by the University Health Center or from a personal physician, will not be penalized and these absences will be considered excused. If you are sick (contagious, running a fever) or you have injured yourself (rolled your ankle, twisted your knee) and are unable to attend but have not gone to the doctor, you need to contact the instructor to confirm an excused absence. Instructor may require documentation. Students should notify the instructor of any injury or long-term medical condition as soon as possible.
- Students need to notify the instructor regarding absences that will occur during the semester due to religious observances or university sponsored activities. Students will not be penalized for these absences and they will be excused if instructor is notified in advance.

Assignments:

- All assignments are due at the beginning of class or Blackboard based on instructions for each designated submission date given in syllabus or by instructor.
• Failure to submit assignments on time will result in a daily penalty of 10% with no credit awarded for the assignment after one week past due unless previously arranged.
• Complete all work independently unless it is a group assigned project.

Other Policies:
• All students in credit classes are expected to adhere to university and Aztec Recreation policies and conduct standards.
• If student is injured during class, immediate notification of instructor is required.

Student Add Policy for WebPortal
• Students can register for open course sections from their registration assignment time through the fifth day of classes.
• If a course selection is full, students can join the wait list for a course section on their registration date and time through the tenth day of classes.
• Students must join the wait list for all course sections beginning on the sixth day of classes through the tenth day of classes even if there are available seats.
• Faculty/Instructors must add seats to their course sections in order for students to be added from the wait list.
• Course Registration fee payment is required to participate in this course and must be made directly to Aztec Recreation after registration completed in WebPortal and before fee deadline, which is one week after student drop date.

Students with Disabilities
If you have a documented disability and anticipate needing accommodations in this course, please make arrangements to meet with me soon. Please request that the Counselor for Students with Disabilities send a letter verifying your disability. You will receive the appropriate accommodations from the day that you provide me with the necessary documentation. Course accommodations will not be applied retroactively (e.g. after an exam).

Academic Integrity
All work submitted in this course must be your own and produced exclusively for this course. The use of sources (ideas, quotations, and paraphrases) must be properly acknowledged and documented. If in doubt, you are encouraged to review guidelines for the proper use of sources. (e.g. http://www.hamilton.edu/resource/wc/usingsources.html ), as well as university guidelines, including definition and policy, regarding cheating and plagiarism http://its.sdsu.edu/resources/turnitin/pdf/Plagiarism_AcadSen.pdf.

Course Outline: Camping

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignment</th>
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</thead>
<tbody>
<tr>
<td>08/30/16</td>
<td>Course Introduction &amp; Syllabus</td>
<td>See Blackboard</td>
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<td>Assignment Review</td>
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<td>Trip Selection/Planning</td>
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<tr>
<td>09/06/16</td>
<td>Essentials for Camping</td>
<td>See Blackboard</td>
<td>Present an Approved Skill</td>
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<td>Leave No Trace Principles</td>
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<td>Present a Skill</td>
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<tr>
<td>Date</td>
<td>Event Description</td>
<td>Location</td>
<td>Assignment</td>
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| 09/13/16   | Equipment Selection  
Back-shop Demonstration  
Camping Nutrition & Hygiene  
Present a Skill | See Blackboard | Present an Approved Skill | |
| 09/20/16   | Basic Navigation  
Map Reading  
Orienteering Demonstration | See Blackboard | Trip Planning Assignment | |
| 09/27/16   | Campus Hiking Trip | See Blackboard | Leave No Trace Quiz | |
| 10/04/16   | Cooking Demonstration  
• Dutch Oven  
• Backpacking Stoves  
Menu Preparation | See Blackboard | Cooking in the Outdoors | |
| 12/02/16   | Program Experience Essay Due | | | |