

**Common Course Outline**  
**PEOD 100**  
**Backpacking**  
**1 Semester Hour**

**The Community College of Baltimore County**

**Description**

**Backpacking**

Applies basic techniques of backpacking and camping; includes day hikes and an overnight, weekend camping trip into a wilderness area. The College provides packframes, campstoves, and tents. Students provide sleeping bags and food.

**Overall Course Objectives**

Upon completion of this course the student will be able to:

1. demonstrate knowledge of physical fitness concepts related to extended survival in the outdoors (3 to 5 days).
2. experience the process of augmenting fitness by extended exploration of woods, ponds, rivers and trails (5-6 miles).
3. describe the process of integrating the cognitive, affective and psychomotor experiences into an outdoor camping activity.
4. discuss the correlation of skillful movement in an outdoor challenge setting with the development of self-concept and self-esteem.
5. demonstrate behaviors relative to the abstract concepts of discipline, assertiveness, social responsibility and emotional control during the movement experience and outdoor camping experience.
6. acknowledge the similarities and differences of outdoor camping and co-existence with nature associated with various cultures.
7. explore creativity as expressed through physically existing closer to nature without modern technology.
8. appreciate the role of structured and non-structured outdoor experiences as a vehicle for the beneficial use of leisure.
9. experience the enhance mood and relaxation response relative to physical activity performed in the woods with natural barriers (wind, rain, woods, rivers, ponds, sun).
10. build an internally consistent value system leading to personal well being for the purpose of pursuing our natural environment.
11. practice cooperation in group activity to enhance social awareness of conservation principles.
12. demonstrate self-reliance working independently during the camping experiences.
13. demonstrate appropriate safety behavior in every outdoor activity.

**Major Topics**

1. Physical conditioning program
2. Pre-trip experimentation in packing, carrying pack, weight, pitching tents.
3. Re-integrating self with nature.
4. Planning the trip.

5. Basic equipment needs – day pack, pack frame, sleeping bags, tent, foam pad, stoves, clothing, footwear, etc.
6. Food considerations – planning, preparation, nutrition, perishability.
7. Trip preparation – checklist, what to pack, distribution of weight.
8. On the trail technique – courtesy and safety, minimizing impact upon the environment, walking pace, rest-technique, hydration.
9. Basic orienteering.
10. Blending with Nature – storms, heat, cold and high altitude.
11. Setting up and breaking camp.
12. Our park system – regulations, permits, reservations

### **Course Requirements**

Grading/Exams: Grading procedures will be determined by the individual faculty member but will include the following:

1. Demonstration of knowledge, use and care of backpacking equipment while participating in a three day backpacking field experience.
2. Demonstrate an ecological respect for the natural environment.
3. Submit a written paper of five pages, must cite five references and footnote sources.
4. Written exam.
5. Attendance at all class sessions prior to the backpacking trip.

### **Other Course Information**

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvements of CCBC's courses and programs.