

Instructor Information

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Standard Physical Education Course Syllabus **Kinesiology & Integrative Physiology Department / College of Science and Arts**

Course Description/Overview

Students will demonstrate fundamental knowledge and skills for participation and enjoyment in hiking as a lifelong recreational activity.

Course Policies

Attendance Policy: There are **NO** excused absences in Hiking due to the way the class is scheduled. Students must attend a meeting and four hikes.

Medical Attention Policy: It is the policy of the Kinesiology & Integrative Physiology Department that if a student needs medical attention during class, it is the responsibility of the student to seek medical attention. Wilderness First Responders will assist, as needed. In case of serious injury, we will call an ambulance (911) or transport the student to the local emergency clinic. If you have any physical conditions that I should know about, i.e., diabetic, asthma, heart condition, injuries, please let me know. Confidence will be maintained.

Collaboration/Plagiarism Rules

Not applicable to PE activity courses. However, cell phones, Blackberries, iPods, PDAs, or any other electronic devices are not to be used during class periods. ***In hiking class cell phones can be used for taking pictures and GPS functions.***

University Policies

Student work products (exams, essays, projects, etc.) may be used for purposes of university, program, or course assessment. All work used for assessment purposes will not include any individual student identification.

Michigan Tech has standard policies on academic misconduct and complies with all federal and state laws and regulations regarding discrimination, including the Americans with Disabilities Act of 1990. For more information about reasonable accommodation for or equal access to education or services at Michigan Tech, please call the Dean of Students Office, at [\(906\) 487-2212](tel:9064872212) or go to <http://www.mtu.edu/provost/faculty-resources/syllabus-policies/>

Grading Scheme

Grading System

S (Satisfactory) – Credit given; no grade points; not included in GPA; given for Pass-Fail courses.

E (Effort Unsatisfactory) – No credit; no grade points; given for Pass-Fail courses.

Grading Policy

Final grades will be based on attendance, participation, and knowledge and skill performance.

Course Identification

Semester: **2022 Summer Track A**
Course Number: PE 0175 – L01
Course Name: Hiking – Costa Rica
Course Location: Monteverde, Costa Rica
Class Times: Organizational Meeting – May 23, 2:00-3:00pm Monteverde Institute

Hike 1- May 24 Morning. Monteverde Institute Trails.

Hike 2- On your own. Choose a trail system and hike at least 4k. Take pictures and post to course Canvas page with brief captions or description of your hike.

Hike 3- May 28. Depart from Monteverde Institute at 7:30am. Hike to San Luis.

Hike 4- June 18. Hike out of San Gerardo field station.

Note - Hikes are approximately 3 miles each (complete 4)

Course Description/Overview

Students will demonstrate fundamental knowledge and skills specific to hiking for participation and enjoyment as a lifelong outdoor recreational activity.

Course Resources

Recommended Course Text: None

Course Supplies: *Suggested items:*

- First Aid Kit (We'll provide)
- Supportive footwear
- Comfortable clothing
- Rain gear
- Water
- Lunch/Extra food: high energy snacks
- Watch
- Personal medications
- Insect repellent
- Sun protection (sunglasses, sunscreen, lip balm)
- Hat (Baseball style, wide-brimmed hat or bandana - to protect from sun)
- Camera (film) / video (fully charged battery)
- Binoculars

- Cell phone (though likely you won't have service)

Wear proper clothing to participate in class.