

PEA 067A Trail Hiking & Running

Course Information

Class Meetings: M/W/TH 3:15-5:15pm Mayterm
Location: In front of gym
Credit Hours: 1.00 (General Education/Serving Society Credit)
Prerequisites: None

Instructor Information

Timothy VanHaitsma (805-565-7134)
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Textbook – None required.

Recommended texts for further learning and the progression of your abilities –
Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen,
Christopher McDougall
Daniels' Running Formula, Jack Tupper Daniels

Course Description

Santa Barbara and the surrounding areas feature some amazing trails to explore, many of which are only 15-20 minutes from campus. You'll find everything from easy, flat paths through manicured gardens to difficult climbs that reach towering heights over the Pacific. Scenic views are everywhere. Spending time hiking and running on these trails allows you the opportunity to unplug and learn more about yourself; spiritually, intellectually, physically, and socially. This course will give you basic information and exposure to a variety of trails while teaching you about trail etiquette, mental strength techniques, running strategies, nutrition, and the basic gear necessary for trail hiking and running. No previous experience in trail running is necessary as all students will be aided to progress from walking/hiking to running.

Commented [MOU1]: Skill-based component of PEA

Commented [MOU2]: Fitness improvement component of PEA

Physical Education as a Component of General Education

This class will focus on increasing fitness through trail hiking and running while fulfilling one of the required physical education activity (PEA) courses. Class activities and discussion will lay the groundwork for a lifetime of physical activity.

Commented [MOU3]: PEA component

General Education – Serving Society

We will be utilizing local trails for hiking and running, so naturally the service component of this class will be doing trail work with one of several local organizations to help maintain and repair the trails. It will be our intention as a class to give back to the local community by helping to sustain the trails for generations to come while contemplating our impact on the environment through the choices we make. This course satisfies the General Education requirement for Serving Society; Enacting Justice; one of two options available for meeting the Compassionate Action requirement of the General Education program at Westmont.

Commented [MOU4]: Serving society component

Course Learning Outcomes

1. Students will demonstrate a level of skill to safely navigate local trails.
Method of assessment: Skills Testing
2. Students will demonstrate gains in strength and endurance while hiking and running on trails.
Method of assessment: Pre- and post-trail race/time trial
3. Students will construct a workout plan tailored to their own ability level.
Method of assessment: Written assignment

Commented [MOU5]: PEA skill-based component

Commented [MOU6]: PEA fitness-based component

Commented [MOU7]: PEA student learning outcome based on FIT principle

4. Students will consider their impact on the environment.
Method of assessment: Written assignment

Commented [MOU8]: Serving society assignment

Evaluation A – 94% B – 87% C – 79% D – 70%
25% - Written assignments
25% - Skill Evaluation
25% - Pre- and post-trail race/time trial improvement
25% - Attendance

Classroom Policies

1. Attendance Policy

This class meets for five weeks. You will be allowed one absence. More than one absence will result in a lowering of a letter grade. A third absence causes you to fail the course. Tardies will be noted and recorded. Three tardies are equal to one absence. Please note that leaving class early without permission of the instructor will result in a recorded absence.

If you are injured during class, please inform the instructors immediately.

2. Pass/No Credit Grading Option

The PEA program recognizes that all students enter with varying levels of skills, fitness and background exposure. For this reason, a **Pass/No Credit** option is available for all students. Taking this course Pass/No Credit will count towards the General Education requirement of four (4) different PEA courses. The deadline date to apply for this option is the student's responsibility.

3. Attire

You will need to wear clothes in which you are able to hike and run outside. Be aware that the trails can often be in full sun and can get warm, so dress appropriately. Trail running shoes are recommended as many of the trails have loose rock/dirt/sand and trail shoes provide better traction.

4. Community Engagement & Volunteering

This course meets the Serving Society requirements. As part of this component, students will be required to participate in two separate trail work days organized by the Montecito Trails Foundation, Los Padres National Forest, or Paul Willis that will take place on two Saturdays during Mayterm for a total of 12 hours of trail work. The service component is mandatory. Accommodations will be made on a case-by-case basis if a student is unable to attend one of the Saturday trail work sessions. A reflection paper that integrates your experience spending time hiking and running trails and participating in trail work is required. A handout describing the details and requirements for this paper will be provided. **Students will not receive a passing grade in this course without successfully completing this assignment.**

Commented [MOU9]: Serving Society component

Trail/Class Etiquette

1. Focus

Show up ready to go. Don't be late. We will meet in front of the gym at 3:15pm and will carpool to a near-by trail for each class session. Failure to show up on time will result in an absence as you will not know where to go.

2. Respect

Treat the professor, fellow classmates, and yourself with respect at all times. Remember that everyone has different abilities, celebrate each other's victories!

3. **Satisfaction** – Enjoy this class! Our hope is that you enjoy spending time in the outdoors, gain a greater appreciation for God's creation and your own physical abilities, and get to know each other well.

Academic Integrity

Dishonesty of any kind may result in loss of credit for the work involved and the filing of a report with the Provost's Office. Major or repeated infractions may result in dismissal from the course with a grade of F. Be familiar with the Westmont College Academic Integrity Policy, found at:

http://www.westmont.edu/offices/provost/plagiarism/academic_integrity_policy.html.

Academic Accommodations

Students who have been diagnosed with a disability are strongly encouraged to contact the Office of Disability Services as early as possible to discuss appropriate accommodations for this course. Formal accommodations will only be granted for students whose disabilities have been verified by the Office of Disability Services. These accommodations may be necessary to ensure your equal access to this course.

Please contact Sheri Noble, Director of Disability Services. (310A Voskuyl Library, 565-6186,

snoble@westmont.edu) or visit the website for more information:

<http://www.westmont.edu/offices/disability>