

# Syllabus for PE-9 Hiking

## Course Information

- **Semester and Year:** Fall 2025
- **Course ID and Section number:** PE-9 V9526
- **Instructor's name:** Jain Tuey
- **Day and time of required meetings:** All online and NO in-person or zoom sessions
- **Location:** 100% Online
- **Number of proctored exams:** 0
- **Course units:** 1

## Instructor Contact Information

- **Office location or Online:** All online, please email to set up day/time to chat
- **Office hours:** All online, please email to set up day/time to chat
- **Phone number:** Email is best
- **Email address:** [jain-tuey@redwoods.edu](mailto:jain-tuey@redwoods.edu)

## Required Materials:

Apps to use for this class:

- **ALLTrails app:** This app is required for the course as it gives you an opportunity to find local trails and to read about the terrain, how the trail is rated, and possible postings from hikers who recently hiked it.
  - **Use the AllTrails app to plan each of your hikes before you head out the door!** You can also use it while on your hike to help you navigate the trail and prevent you from getting lost.
  - **You will report/explain your hike details in the weekly discussion forum.** Hike details will include description, location, miles, terrain, time it took you, and address the lesson topic of the week. Details of each week's hike focus will occur in the weekly lesson.
- **STRONG workout tracker:** this app is free and can track your workouts for you. It has lists of exercise you can choose from and create your own workouts. You can create a template so the workouts are ready for you each week.
  - If you have a different app, you can use what you already have.
  - You will complete one additional exercise session each week in addition to your hike. Each session must be at least 20 minutes long.
  - The goal with the exercise sessions is to get in shape for hiking and build muscle to endure a longer hike. It can be strength or cardio and indoor or outdoor. Your choice!

## Catalog Description

A fun and challenging experience that explores hiking trails in your surrounding areas. This course will introduce safe hiking on terrain that will progress from easy and moderate to strenuous throughout the semester. Hikes will typically range from 3-8 miles on each outing and require a 25-minute per mile pace. Leadership and nature activities exploring safety, leave no trace, history, flora and fauna and emergency procedures will be introduced.

Note: In-person course is a field trip oriented class where hiking off campus occurs for all but the first class session. For both in-person and on-line sections, students need to provide their own transportation to hiking locations.

## Course Student Learning Outcomes

- Exhibit the ability to plan for a safe day hike ranging 3-8 miles.
- Demonstrate the ability to hike a mile in under 25 minutes.
- Describe the types of conditions necessary for hiking.
- Demonstrate how to leave no trace.

Other objectives, skills, and themes related to the course:

1. Display weekly the ability to pack a proper day pack with first aid, hydration, snacks, weather and environment related protection.
2. Learn to identify physical conditions of hiking trail and weather outlook.
3. Hydration.
4. Sense of place in nature.
5. Leave no Trace practice and understanding.
6. Mileage progression in distance and progression to different terrain.

## Course Calendar

### Weekly Course Requirements:

Your commitment will require at least as much time as you would dedicate to a traditional in-person College of the Redwoods *PE-9: Hiking* class, which is approximately 3-4 hours per week. This time includes drive time to and from your hike location, performing the hike, performing 1 additional 20 minute cardio and/or core session plus reporting and reading weekly module class information in CANVAS. Every effort will be made by the instructor to ensure that the time spent fulfilling the requirements of this on-line section of PE-9 is not more than the time spent in a face-to-face PE-9 section.

- Participation in and demonstration of safe hiking practices and leave no trace ethic.
  - Weekly hike suggestions with a prompt for discussion will be posted Monday mornings.
  - You have the freedom to choose your weekly hike location Use of the ALLTRAILS app is required for you to pre-plan your hike!
  - Each week, in CANVAS, you will report your hiking location, distance, and time it took you to complete the hike in a discussion forum.
- Weekly ability to pack a proper day pack with first aid, hydration, and snacks plus weather and environment related protection.
- Hiking progression and pace to meet a 20-minute-per mile.
  - In addition to the weekly hike of 3+ miles (first hikes will be 1-2 miles), at least 1 other weekly cardio and/or strength sessions of your choice, for at least 20 minutes, will be required as the means to gain endurance and progress towards achieving the 20-minute per mile hiking pace goal. Examples of cardio sessions: walking with your pack on, jogging, cycling, treadmill, etc. Any cardio you currently do can count!

### **Journaling:**

- There will be 2 required journal entries for the semester to report how your experiences with hiking have been. These will be mid semester and at the end so be prepared to describe your experiences whether it is the scenery, the physical aspect or something you learned from your hikes.

### **Recommendations for movement and access to trailheads**

- It is recommended to have the ability to walk various terrains and drive to various locations to complete your hikes.
- This course does not allow street walking to count towards hiking trails; however, you can power walk/jog the streets of your neighborhood and have it count as part of your other weekly exercise sessions.
- If you have physical limitations that may prevent you from taking part in certain requirements of this course, please contact me as soon as possible so we can discuss options.

### **Trail Safety**

- Safety on the trails is my utmost priority but because I am not with you in person while you take your hikes, it is imperative that you arrive to your destination prepared to be on the trail.
- Check the weather a few days prior to your hike and be sure to dress in layers and pack your daypack accordingly. Week 1 will cover the basics on what to supply in your daypack. I highly suggest you get in the habit on Monday mornings to check the weather for the entire

week and then, based on that weather forecast, choose the best day for you to complete your hike.

- Always, ALWAYS let someone know where you are hiking and your estimated return time! {I hike the trails in the Arcata forest all the time and still, after 15 years, if I am going to do 3 miles or more, I let my family know what trail routes I will be taking}

**All Trails app:** This app is required for the course as it gives you an opportunity to find local trails and to read about the terrain, how it is rated, and possible postings from hikers who recently hiked it.

## Evaluation and Grading Policy

CANVAS has a grade book and you can view an up-to-date course % each week.

Final Grade will be determined by your total points earned and total course % earned. Points will be earned by participation in hikes which you will post a discussion about each week, weekly exercise sessions and journal entries. Extra credit will be available throughout semester

- Discussions: 10 points each
- Exercise sessions: 2 points each
- Journals: 20 points each

### Late Work:

- Submissions that do not meet the stated deadlines found in each weeks Module will lose the appropriate points as stated in the grading criteria.

The final grade breakdown is as follows:

A= 95-100%

A-= 90-94%

B+ = 86-89%

B = 83-85%

B- = 80-82%

C+ = 75-79%

C = 70-74%

D = 60-69%

F = 59% and below

## **Injury Issues or illness**

If an injury or illness is preventing the ability to hike or complete the 1 additional exercise session, the student needs to immediately contact the instructor so together we can determine the best scenario for substitute exercises and/or permission to submit late without penalty. I am really easy to work with if you communicate with me during the week you start to experience an issue.

## **What if weather is an issue in performing the hike and/or additional exercise sessions?**

I monitor the weather and will only post alternatives if the entire week looks like dumping rain. You need to practice time management and perform your hike and exercise session throughout the week and around any rain that may occur. You do not have the autonomy to decide if the weather is too bad to be outside. I would recommend that you check your weather app for your area at the beginning of each week and plan your outside sessions accordingly.

Fall semester can bring smoke into our communities from surrounding wildfires. If smoke conditions arise in your area please email me and we can work out an alternative so you can earn the weekly points.

## **Prerequisites/corequisites/ recommended preparation**

- No pre-req's or co-req's or recommended course work is required.

## **Educational Accessibility and Support**

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility

Support Services (SASS) for a consultation: [sass@redwoods.edu](mailto:sass@redwoods.edu).

## SASS office locations and phone numbers

### Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

### Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

### Klamath-Trinity campus

- Phone: 707-476-4280