

Spring 2026

College of the Redwoods



Course Information

Semester & Year: Spring 2026

Course ID & Section #: PE-9-V2124 (062124)

Instructor's name: Macy Thomas

Day/Time of required meetings: Distance Education

Number of proctored exams: 0

Course units: 1.0

Instructor Contact Information

Office location: PE 100G

Office hours: By appointment

Phone number: 720-285-0107

Email address: macy-thomas@redwoods.edu

Required Material

Hiking day pack, good shoes, and hydration options.

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.

Course Student Learning Outcomes

- Learning Outcome #1: Pre-planning and executing a safe day hike.
- Learning Outcome #2: Identifying and following safety protocols and "Leave No Trace" principles.

Course Calendar

This course outline is subject to change based on class progress, class needs, & uncontrollable circumstances (i.e. weather).

Course Calendar

Date	Topic	What's Due
3/23 - 3/29	Introduction to Hiking & Course Foundations	Journal Log 1 Discussion 1
3/30 - 4/5	Planning & Packing for a Day Hike	Journal Log 2 Discussion 2
4/6 - 4/12	Leave No Trace & Environmental Awareness	Journal Log 3 Discussion 3
4/13 - 4/19	Hiking Safety & Emergency Preparedness	Journal Log 4 Discussion 4
4/20 - 4/26	Fitness Progression & Hiking Pace	Journal Log 5 Discussion 5
4/27 - 5/3	Trail Types, Terrain & Conditions	Journal Log 6 Discussion 6
5/4 - 5/10	Leadership, Community & Mindful Hiking	Journal Log 7 Discussion 7

5/11 - 5/15	Integration, Reflection & Future Hiking	Journal Log 8 Discussion 8
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Evaluation & Grading Policy

Students will be evaluated on participation, completion, effort, and demonstrated understanding of course concepts related to safe hiking, conditioning, Leave No Trace principles, and self-reflection.

Consistent participation, timely submission of assignments, and demonstrated effort toward course goals are required to earn a passing grade.

Final Grade Calculation

Course Component	Percentage
Weekly Hiking Assignments (distance, time, safety, preparation)	40%
Nature Journal & Weekly Reflections	20%
Online Discussions & Peer Interaction	20%
Conditioning & Pace Progression Assignments	10%
Final Reflection & Course Integration Assignment	10%
Total	100%

Late Assignment Policy:

- Assignments are due by the posted deadline unless otherwise noted.
- Late submissions will receive a 10% deduction per day late, up to 3 days.
- Assignments more than 3 days late may receive no credit.
- Late discussion posts may receive reduced or no credit due to the interactive nature of discussions.

Exceptions:

Life happens. If you experience illness, injury, or an emergency, contact the instructor as soon as possible to discuss accommodations. Communication matters.

Make-Up Work & Missed Hikes

- Missed hikes may be made up only with instructor approval.

- Make-up hikes must meet the same learning objectives and include full documentation.
- Students are responsible for planning safe alternatives if weather, trail closures, or other conditions prevent a scheduled hike.

Grading Practices & Instructor Feedback

- Grades will be posted within 7 days of assignment submission.
- Personalized feedback will be provided on hiking progression, pacing, packing, and safety.
- The instructor reserves the right to request clarification or additional detail if submissions are incomplete or unclear.
- All grading is based on honest effort, engagement, and learning progression.

Academic Integrity & Honesty

Accurate reporting of hikes, distance, pace, and conditioning is required. Falsification of activity logs or submissions violates academic integrity policies and may result in a failing grade for the assignment or course.

Prerequisites / Co-requisites / Recommended Preparation

None

Educational Accessibility & 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](#)[Links to an external site.](#), counseling and advising, alternate formats of course materials (e.g. audio books or 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 \(SASS\)](#)[Links to an external site.](#).

If you are unsure whether you qualify, please contact SASS for a consultation: SASS@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

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

Klamath-Trinity campus

- 707-476-4280