

PE-9 Hiking

Course Information

Semester and Year: 2026 Summer

Course ID and Section number: PE-9-V2984

Instructor's name: Juan Perez

Course units: 1 unit

Instructor Contact Information

Office location or Online: Athletics Department

Office hours: Appointment Only

Phone number: 707-400-9183

Email address: juan-perez@redwoods.edu

Communication notes: Please email or text to communicate

Required Materials:

Water Bottle

Optional Snacks

Athletic wear

Supportive shoes

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

- Describe the types of conditions necessary for hiking.
- Demonstrate the ability to hike for 30 minutes

- Identify essential hiking equipment and explain its proper use for different terrains and weather conditions.
- Plan a safe and appropriate hiking route using maps, GPS tools, and online resources.
- Apply basic navigation skills, including map reading and compass or GPS use.

Evaluation and Grading Policy

Students will be evaluated based on active participation in course activities and consistent evidence of completing weekly hikes. Participation includes engagement in online discussions, submission of required reflections or logs, and timely completion of assigned activities. Weekly hike completion must be demonstrated through approved documentation, such as activity logs, photos, GPS data, or written Reflections.

1. Grading Breakdown

- Participation & Attendance: 100%
- Criteria: Actively participating in weekly hikes. (5 points every week for showing proof of going on a hike through the Strava app. No make ups) Students will earn 5 points each week for submitting proof of completing a hike using the Strava app. Proof must clearly show the date, duration, and distance of the hike. Submissions must be made by the weekly deadline. No make-up submissions will be accepted for missed or late hikes.

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.

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