

Syllabus for PE-9 Hiking Fall 2022

Course Information

Semester & Year:	Fall 2022
Course ID & Section #:	PE-9-V3854
Instructor's name:	Marla Gleave
Day/Time of required meetings:	All on-line and NO required in-person zoom sessions.
Location:	100% on-line
Number of proctored exams:	0
Course units:	1

Instructor Contact Information

Office location or *Online:	On-line, please email to set up day/time to chat
Office hours:	On-line, please email to set up day/time to chat
Phone number:	Email is best
Email address:	marla-gleave@redwoods.edu Best option is to email me through CANVAS

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.
- **RunKeeper app** (free) to track the 1 additional exercise session per week. I will post information on the use of this app in the modules.
 - If you already use an exercise tracking app, you can continue using it; you do not have to switch to RunKeeper.
 - You will report your 1 additional exercise session (not the hike, as the hike is always in the discussion forum link) by Sunday night in the exercise reporting link.
 - This one additional exercise session can be cardio or core work and can occur indoors or outdoors. Your choice, the goal is too get you moving and in better shape for your hiking.

Catalog Description

A fun and challenging experience that explores our beautiful local Humboldt County trails and 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 20-minute per mile pace. Leadership and nature activities exploring safety, leave no trace, history, flora and fauna and emergency procedures will be introduced.

- Students need to provide their own transportation to hiking locations and can choose their own hiking locations.
- Hiking location suggestions will be stated in CANVAS. However, students can also choose their own hiking locations and report where they hiked in their weekly posting on CANVAS.

Course Student Learning Outcomes

1. Exhibit the ability to plan for a safe day hike ranging from 3-8 miles.
2. Demonstrate the ability to hike a mile in under 20 minutes.
3. Describe the types of conditions necessary for hiking.
4. Demonstrate how to leave no trace.

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

1. Display on weekly basis 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.

Prerequisites/co-requisites/ recommended preparation

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

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 in excess of the time spent in a face-to-face PE-9 section. The first few weeks will feel like you are spending more time but as you settle into a pattern of movement with your schedule the time commitment will also settle in.

- Participation in and demonstration of safe hiking practices and leave no trace ethic.
 - Weekly lesson plus hiking location suggestions will be posted each Monday morning.

- You have the freedom to choose your weekly hike location; what is posted in CANVAS is just suggestions. 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. In some of the weeks, you will also add details about your hike that is related to the lesson of the week. Details of how to report will be explained in Week 1 of the course.
- Weekly ability to pack a proper day pack with first aid, hydration, and snacks plus weather and environment related protection.
- Journal writing about hiking experiences, physical challenges, what was learned, etc.
 - This journal writing will occur approximately 3-4 times throughout the semester in the CANVAS discussion forum. During the weeks an in-depth journal writing discussion occurs, the discussion forum will have a writing prompt for you to address. **Be sure to read the writing prompt PRIOR to your hike so you know what you are to focus on during your hike!**
- 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 core 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!
 - I will periodically post cardio and strength/core work specific to hiking in a lesson as a guide and you are free to incorporate what you wish into your 1 extra session per week.
 - An app called RunKeeper will be used to track your pace and distance on your 1 other weekly cardio session. If you already use a different cardio exercise tracking app, you are free to use it and do not have to switch to RunKeeper. Details on how to set up RunKeeper and report your 1 other cardio session can be found in the Resources module as well as in the Week 1 module.
 - You can attempt to use RunKeeper to track your distance, time, and pace on your weekly hike, but, depending on the length of your hike, it may eat up your battery if you are too far from a cell tower. It is NOT required to use RunKeeper to track your hike but is highly recommended as using Runkeeper will make it easy to upload your hiking session directly into CANVAS.

Recommendations for movement and access to trailheads

- It is recommended that you 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 2 weekly cardio 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. I use this app all the time when I hike outside of Humboldt County (Tahoe area specifically).

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.

Extra Credit options:

There are a couple of extra credit options embedded during the semester so be sure to take advantage of them when they are offered.

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.

How to navigate CANVAS to find weekly lesson and weekly requirements:

Click on the Module link and then select the week of the semester. The module will contain various links: The lesson link, the discussion link to report your hike and state experience, and the exercise reporting link. Be sure to read thoroughly so you are aware of your weekly requirements.

When will new week post? When are discussion deadlines and exercise posting deadlines?

The new week module will be available on Monday mornings. I strongly urge you to read the lesson and weekly module on Monday so that you can plan your week.

Sunday night at 11:59 p.m. is the deadline to report and discuss your hike as well as include in your post any info from the lesson that you are asked to address. Most weeks you also need to engage in at least one reply conversation with a classmate. Please read the lesson as well as the discussion directions early in the week so you are aware of the prompts you need to address in your hike.

Sunday night at 11:59 p.m. is also the deadline to report your 1 additional 20 minute cardio and/or core exercise session. Directions on how to report this is found in the week 1 module. Any cardio/core movement counts for this session as this session is a means for you to gain endurance throughout the semester.

Tip: To add you in meeting deadlines, please set reminders on your phone to log in on Monday's to read what the hike focus is for the week, check weather, and begin to plan your hike by using the ALLTrails app and/or read your classmates hike info in the previous weeks discussion forums. Set a Sunday reminder on your phone to write about your hike in the discussion forum, **and** to log in and report your 1 additional exercise session.

College and instructor initiated drop dates and drop policies:

A student can be dropped from the course by instructor three different ways. This 3 ways are college policy:

1. A student who does not "check in" per the first week instructions will be faculty dropped by Thursday, 5 pm of the first week of the semester in order to make roster room for a waitlisted student.
2. A student who "checks in" but then fails to post any information during the first and/or second week of the semester will be faculty dropped by the end of the 2nd week of the semester in order to fulfill the college policy of confirming the course roster per California Community College Chancellor's Office census roster reporting requirements.
3. Faculty initiated drop: Students who stop partaking in the course between week 2 and week 10 of the semester, may be faculty dropped. Students are encouraged to contact the instructor if illness and/or injury will prevent short-term participation.

Student Withdraw themselves from course:

Students can withdraw themselves anytime from the start of the course until the Friday of the second week of the course and not have a Withdraw (W) stated on their official college transcript.

Students may also withdraw themselves between the start of week 3 and the end of week 10 but this timeframe will result in a Withdraw (W) stated on their official college transcript.

It is advised that a student meet with a CR counselor prior to withdrawing from a course to understand any repercussions that a Withdraw on their official transcript may create.

Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students](#) (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.

Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

Evaluation & Grading Policy

- Each week a lesson will be stated in the module. It is your responsibility to read the lesson and apply the material to your hikes.
- As stated at the beginning of this document, there will be 6-8 weeks of more intensive writing regarding a topic and how that topic played into your hike. This “journal” writing discussion forum, when assigned, will be worth 5 points each {approximately 30-40 points possible on the journal writing}
- Weekly hike and 1 additional cardio sessions: Hike reporting is worth 10 points and the additional cardio session is worth 2 points, which equals an opportunity to earn 12 points each week for your movement.
 - You will report/discuss your hike in a weekly discussion link
 - You will report your 1 cardio session in a weekly Exercise Reporting Link
 - There will be some weeks where hike and cardio are recorded as extra credit points so approximate points from hike/cardio session is 195 points.

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

Final Grade on approximate total points of 225 possible, will be determined by your total points earned and total course % earned. 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

Admissions deadlines & enrollment policies

Fall 2022 Dates

- *Classes begin: 8/20/22*
- *Last day to add a class: 8/26/22*
- *Last day to drop without a W and receive a refund: 9/02/22*
- *Labor Day Holiday (all campuses closed): 09/05/22*
- *Census date: 9/06/22 or 20% into class duration*
- *Last day to petition to file P/NP option: 09/16/22*
- *Last day to petition to graduate or apply for certificate: 10/27/22*

- *Last day for student-initiated W (no refund): 10/28/22*
- *Last day for faculty-initiated W (no refund): 10/28/22*
- *Veteran's Day (all campuses closed): 11/11/22*
- *Fall Break (no classes): 11/21/22 – 11/25/22*
- *Thanksgiving Holiday (all campuses closed): 11/23/22 – 11/25/22*
- *Final examinations: 12/10/22 – 12/16/22*
- *Semester ends: 12/16/22*
- *Grades available for transcript release: approximately 01/06/23*

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. It does not change your legal name in our records. See the [Student Information Update form](#).

Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.

Log into Canvas at <https://redwoods.instructure.com>

Password is your 8 digit birth date

For tech help, email its@redwoods.edu or call 707-476-4160

Canvas Help for students: <https://www.redwoods.edu/online/Help-Student>

Canvas online orientation workshop: <https://www.redwoods.edu/online/Home/Student-Resources/Canvas-Resources>

Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information see the [Redwoods Public Safety Page](#).

Eureka Campus Emergency Procedures

Please review the [campus emergency map](#) for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [Redwoods Public Safety Page](#). It is the responsibility of College of the Redwoods to protect life and property from the effects of emergency situations within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

Klamath Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.

1. In the event of an emergency, communication shall be the responsibility of the district employees on scene.
 - a. Dial 911, to notify local agency support such as law enforcement or fire services.
 - b. If safe to do so, notify key administrators, departments, and personnel.
 - c. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
 - d. Contact Jolene Gates 530-625-4821 to notify of situation.
 - e. Contact Hoopa Tribal Education Administration office 530-625-4413
 - f. Notify Public Safety 707-476-4111.
2. In the event of an emergency, the responsible district employee on scene will:
 - a. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
 - b. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
 - c. Close all window curtains.
 - d. Get all inside to safe location Kitchen area is best internal location.
 - e. If a police officer or higher official arrives, they will assume command.
 - f. Wait until notice of all is clear before unlocking doors.
 - g. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
 - h. Do not leave site, unless it has been deemed safe by the person in command. Student Support Services (required for online classes)

Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)

[Counseling](#) offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- [Academic Support Center](#) for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides financial assistance, support and encouragement for eligible income disadvantaged students at all CR locations.
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.

- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821