

Common Course Outline for: *EXSC 1153 Backpacking & Wilderness Preservation*

A. Course Description

1. Number of credits: 3
2. Lecture hours per week: 3 hours
Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

This course includes selection and use of equipment and clothing, packing, adjusting, and carrying a backpack, campsite selection, fire building, food preparation, route selection, compass and topographical map use, injury prevention and treatment. Strong emphasis on ecology, wildlife, and environmental concerns and preservation. An overnight camping trip is required.

B. Date last revised: January 2019

C. Outline of Major Content Areas

1. Equipment and Clothing Selection and Care
2. Fitting, Packing, and Carrying a Backpack
3. Trip Planning: Area, Duration, Food Selection, Special Needs
4. Fires, Stoves, and Food Preparation
5. Minimum Impact Hiking and Camping
6. Physical and Mental Preparation for Backpacking Trips
7. Hiking Techniques, Stream Crossings, Snow Fields, Boulder Fields
8. Emergencies, Lyme Disease, Hypothermia, Giardiasis, and other Health Problems
9. Environmental and Natural Resource Issues, Problems, Solutions
10. Wildlife: Sharing the Wilderness
11. Wilderness Preservation and Ecological Concerns

D. Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Identify various types of backpacking equipment, clothing, and footwear and discuss the appropriateness of each item.
2. Properly fit, pack, and carry a backpack on the trail.
3. Apply appropriate physical and mental training protocols learned during class to prepare for an overnight backpacking class trip.
4. Develop a trip plan considering area, duration, food needs and other factors.
5. Operate backpacking stoves and describe how to build and extinguish fires.
6. Describe how to select a suitable campsite, and make and break camp with regard for the environment and minimum impact.
7. Demonstrate good hiking techniques, and describe how to safely cross streams, boulder fields, and snow fields.
8. Apply knowledge learned to prevent Lyme disease, hypothermia, and other medical problems.

9. Explain how to avoid contracting Giardiasis and other water-borne diseases by means of a water filtering system.
10. Identify and evaluate environmental issues and the interrelationships of wilderness and humans.
11. Identify an environmental issue of interest to them, investigate the problem, present possible solutions, and defend their personal viewpoint.

E. Methods for Assessing Student Learning

At the discretion of the Instructor, students will be evaluated on daily class participation and skill performance; a written exam to evaluate factual knowledge and concepts; literary research on topics/equipment of their choice with written and/or oral report of their findings; written trip plan.

- F. Special Information** This course requires an additional fee for specific expenses of the mandatory class trip.