

Course Outline for: EXSC 1500 Hiking**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Hiking is a lifelong cardiorespiratory activity performed in a variety of outdoor settings. Equipment selection, map reading, and environmental landscape awareness are emphasized to ensure safety and enjoyment. This course includes off-campus instruction and participation.

B. Date last reviewed/updated: March 2025**C. Outline of Major Content Areas**

1. Appropriate clothing and footwear selections for cold-weather activities
2. Appropriate snowshoe equipment selection
3. Hiking and snowshoeing body mechanics and techniques
4. Safe and effective indoor training techniques
5. Basic map reading skills
6. The principles of Leave No Trace (minimum impact)
7. Symptoms, treatment and prevention of cold-weather health conditions

D. Course Learning Outcomes

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

1. Determine the value of improving cardiorespiratory and muscular endurance based on one's own personal experiences.
2. Demonstrate safe training techniques for hiking.
3. Demonstrate basic map reading skills in front-country environments.
4. Practice the Leave No Trace principles during class hikes.
5. Choose appropriate clothing, footwear, and equipment for daily hikes.
6. Identify the symptoms and basic treatment for frostbite, hypothermia, dehydration, and heat exhaustion.
7. Demonstrate personal preventative measures for hot and cold-weather conditions during class hikes.

E. Methods for Assessing Student Learning

Methods for assessment may include, but are not limited to, the following:

1. Preparation in daily hikes
2. Written exam
3. Self-reflection essay

F. Special Information

None