

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 121 (001) – Introduction to Backpacking
2 Credits, Fall 2021

F 1:30pm – 2:45pm, RAC 2203 – Fairfax Campus
Sa 9:00am – 5:00pm, Su 9:00am – 5:00pm

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces practical and experiential activities for students with starting knowledge of backpacking. Involves discussions, demonstrations, and activities that teach the basics of backpacking. Covers equipment selection, map and compass skills, backcountry cooking, staying healthy in the outdoors, safety and emergency procedures, backcountry ethics (Leave No Trace), and natural history.

Course Overview

Five classroom sessions, one Saturday field experience and one overnight backpacking trip.

Students will work with the instructor to plan and acquire any necessary equipment for the overnight backpacking trip. Equipment for this class is not provided but can be rented for a fee from GMU's Outdoor Adventures program. For more information on the equipment available and costs, please see <https://recreation.gmu.edu/outdoorlearning/outdooradventures/>.

Course Delivery Method

This course will be delivered using an in-person classroom and activity format

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Develop necessary skills to plan and execute a multi-day backpacking trip.
2. Use a map and compass as a wilderness travel aid.
3. Plan and prepare meals using backpacking stoves.
4. Present principles of "Leave No Trace" backpacking.
5. Maintain safe and healthy techniques while traveling in the wilderness.

6. Display expedition behavior and outdoor leadership.

Professional Standards

Not Applicable

Required Texts

Handouts and other assigned reading will be distributed in class and or via blackboard & email

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations**
 - **Leave-No-Trace (LNT) Presentation**

This assignment will be done individually or in groups depending on the size of the class. Each group or individual will be given one of the 7 Leave No Trace principals and is responsible for giving a 10-minute presentation (grades will be given individually). Presentations should be creative employing whatever method chosen to cover the details of the principal that is assigned. Each group will be given a handout with a LNT principal but any resource can be used for the presentations.
 - **Mock Trip Plan & Presentation**

This assignment will be done in groups of two. Plan a two-day backpacking trip for you and a friend including a meal plan. Everyone is required to submit a plan following a provided template and conduct a class presentation. The plan and presentation should cover the following topics: goals, location, dates/time of year, personal and group equipment, meal plan, emergency action plan, weather, transportation, permit regulations and points of interest on the trail. Individuals have 10 minutes to present their plan during class with an additional 5 minutes to answer questions by classmates. Trip Plan will include a written meal plan and a demonstration portion during our overnight trip. The meal plan must contain details for each meal including ingredients, equipment required, waste generated, and packing/storage.
 - **Reflection Paper**

Students will be assigned a reflection paper that will be a response to the backpacking trip and how the class dealt with executing their plan, LNT, teamwork and other aspects that were covered in class. The paper must include reflection on the camp meals, our route, our campsite and the overall feelings about the trip.
- **Other Requirements**

Attendance on the weekend backpacking trip is mandatory. All students should demonstrate teamwork, leadership, respect for others, respect for the environment, and cooperation; you earn points towards your grade.

- **Grading**

= 94 – 100	B+= 88 – 89	C+= 78 – 79	D = 60 – 69
= 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C-= 70 – 73	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

Note: All class sessions will be virtual except for the Overnight Trip (2-3 OCT, 2021). Activities and the overnight trip have been modified to ensure physical distancing and reduce in-person contact. Detailed instruction will be provided by the instructor.

Date		Topic(s)	Readings/ Assignments Due
Fri	10-Sep	<ul style="list-style-type: none"> • Course overview and expectations • Trip Planning and demonstrations • Leave No Trace (LNT) 	<ul style="list-style-type: none"> • Read: Assigned material
Fri	17-Sep	<ul style="list-style-type: none"> • Trip Planning and demonstrations • Leave No Trace (LNT) • Day Hike details 	<ul style="list-style-type: none"> • Read: Assigned material • Turn in Mock Trip Plan
Fri	24-Sep	<ul style="list-style-type: none"> • LNT Presentations 	<ul style="list-style-type: none"> • Assigned LNT presentations
Sat	25-Sep	<ul style="list-style-type: none"> • Independent Day Hike • Map and Compass Skills 	<ul style="list-style-type: none"> • Demonstrate proper trail etiquette
Fri	1-Oct	<ul style="list-style-type: none"> • Packing and Trip Preparation 	<ul style="list-style-type: none"> • Pick up gear from OA and bring to class • Turn in and Present Mock Trip Plan
Sat-Sun	2-3 Oct	<ul style="list-style-type: none"> • Overnight trip <ul style="list-style-type: none"> ▪ Filtering water ▪ Setting up camp ▪ Cooking ▪ Hanging bear bags 	<ul style="list-style-type: none"> • Demonstrate skills taught in class
Fri	9-Oct	<ul style="list-style-type: none"> • Reflections (Assignment Due) 	<ul style="list-style-type: none"> • Reflection Assignment

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

SAFE RETURN TO CAMPUS AND REMOTE LEARNING GUIDANCE FOR STUDENTS ENROLLED IN CEHD COURSES

Both a Safe Return to Campus and Successful Remote Learning Depend on YOU.

All students are required to take Safe Return to Campus Training prior to visiting campus: it is, however, recommended for all Mason students. Training is available in [Blackboard](#).

Students are required to follow the university's public health and safety precautions and procedures outlined on the university [Safe Return to Campus webpage](#).

All students in face to face and hybrid courses must also complete the Mason COVID Health Check daily, seven days a week.

- You may not come to class if you receive a Yellow or Red email response to the Mason COVID Health Check.
- You may only come to class if you receive a Green email response to the Mason COVID Health Check.
- If you suspect that you are sick or have been directed to self-isolate, quarantine, or get testing do not go to class.
- Faculty are allowed to ask you to show them that you have received a Green email and are thereby permitted to be in class.

Disability Services: Students unable to participate in a course in the manner presented, either due to existing disability or COVID comorbidity risk, should seek accommodations through the [Office of Disability Services](#).

Campus Closure: If the campus closes or class is canceled due to weather or other concerns, students should check [Blackboard](#), Mason email, or the [Mason website](#) for updates on how to continue learning and information about any changes to events or assignments.

Participation and Make-up Work: CEHD instructors will work with students to find reasonable opportunities to make up class work or assignments missed due to documented illness. Begin by contacting your instructor for guidance. For further assistance, students may contact their program and the CEHD Office of Student and Academic Affairs (cehdsaa@gmu.edu).

Technology Requirements:

- Activities and assignments in CEHD courses regularly use the [Blackboard](#) learning system. Students are required to have regular, reliable access to a computer with an updated operating system (recommended: Windows 10 or Mac OSX 10.13 or higher) and a stable broadband Internet connection (cable modem, DSL, satellite broadband, etc., with a consistent 1.5 Mbps [megabits per second] download speed or higher.
- Additionally, CEHD course activities and assignments may regularly use web-conferencing software (Blackboard Collaborate / Zoom). In addition to the requirements above, students are required to have a device with a functional webcam and microphone. In an emergency, students can connect through a telephone call, but video connection is the expected norm.

Course Materials and Student Privacy:

- All course materials posted to Blackboard or other course site are private; by federal law, any materials that identify specific students (via their name, voice, or image) must not be shared with anyone not enrolled in this class.
- Video recordings of class meetings that include audio or visual information from other students are private and must not be shared.
- Live Video Conference Meetings (e.g. Collaborate or Zoom) that include audio or visual information from other students must be viewed privately and not shared with others in your household.
- Some/All of your CEHD synchronous class meetings may be recorded by your instructor to provide necessary information for students in this class. Recordings will be stored on Blackboard [or another secure site] and will only be accessible to students taking this course during this semester.