# PEA 067A Trail Hiking & Running

## Course Information
- **Class Meetings:** M/W/TH 3:15-5:15pm Mayterm
- **Location:** In front of gym
- **Credit Hours:** 1.00 (General Education/Serving Society Credit)
- **Prerequisites:** None

## Instructor Information
- **Timothy VanHaitsma** (805-565-7134)
- **Meagan Stirling** (805-565-6282)
- **Email:** tvanhaitsma@westmont.edu
  
## Location:
- **Meagan Stirling** (805-565-6282)
  
## Credit Hours:
- **1.00 (General Education/Serving Society Credit)**

## Textbook
- **None required.**
- Recommended texts for further learning and progression of abilities –
  - Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, Christopher McDougall
  - Daniels' Running Formula, Jack Tupper Daniels

## Course Description
Santa Barbara and the surrounding areas feature some amazing trails to explore, many of which are only 15-20 minutes from campus. You’ll find everything from easy, flat paths through manicured gardens to difficult climbs that reach towering heights over the Pacific. Scenic views are everywhere. Spending time hiking and running on these trails allows you the opportunity to unplug and learn more about yourself; spiritually, intellectually, physically, and socially. This course will give you basic information and exposure to a variety of trails while teaching you about trail etiquette, mental strength techniques, running strategies, nutrition, and the basic gear necessary for trail hiking and running. No previous experience in trail running is necessary as all students will be aided to progress from walking/hiking to running.

## Physical Education as a Component of General Education
This class will focus on increasing fitness through trail hiking and running while fulfilling one of the required physical education activity (PEA) courses. Class activities and discussion will lay the groundwork for a lifetime of physical activity.

## General Education – Serving Society
We will be utilizing local trails for hiking and running, so naturally the service component of this class will be doing trail work with one of several local organizations to help maintain and repair the trails. It will be our intention as a class to give back to the local community by helping to sustain the trails for generations to come while contemplating our impact on the environment through the choices we make. This course satisfies the General Education requirement for Serving Society; Enacting Justice; one of two options available for meeting the Compassionate Action requirement of the General Education program at Westmont.

## Course Learning Outcomes
1. **Students will demonstrate a level of skill to safely navigate local trails.**
   - **Method of assessment:** Skills Testing
2. **Students will demonstrate gains in strength and endurance while hiking and running on trails.**
   - **Method of assessment:** Pre- and post-trail race/time trial
3. **Students will construct a workout plan tailored to their own ability level.**
   - **Method of assessment:** Written assignment

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**Commented [MOU1]:** Skill-based component of PEA

**Commented [MOU2]:** Fitness improvement component of PEA

**Commented [MOU3]:** PEA component

**Commented [MOU4]:** Serving society component

**Commented [MOU5]:** PEA skill-based component

**Commented [MOU6]:** PEA fitness-based component

**Commented [MOU7]:** PEA student learning outcome based on FIT principle
4. Students will consider their impact on the environment.

   Method of assessment: Written assignment

   Evaluation

<table>
<thead>
<tr>
<th>Score</th>
<th>Grade</th>
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<tbody>
<tr>
<td>A – 94%</td>
<td>25% - Written assignments</td>
</tr>
<tr>
<td>B – 87%</td>
<td>25% - Skill Evaluation</td>
</tr>
<tr>
<td>C – 79%</td>
<td>25% - Pre- and post-trail race/time trial improvement</td>
</tr>
<tr>
<td>D – 70%</td>
<td>25% - Attendance</td>
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</tbody>
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Classroom Policies

1. Attendance Policy
   This class meets for five weeks. You will be allowed one absence. More than one absence will result in a lowering of a letter grade. A third absence causes you to fail the course. Tardies will be noted and recorded. Three tardies are equal to one absence. Please note that leaving class early without permission of the instructor will result in a recorded absence.

   If you are injured during class, please inform the instructors immediately.

2. Pass/No Credit Grading Option
   The PEA program recognizes that all students enter with varying levels of skills, fitness and background exposure. For this reason, a Pass/No Credit option is available for all students. Taking this course Pass/No Credit will count towards the General Education requirement of four (4) different PEA courses. The deadline date to apply for this option is the student’s responsibility.

3. Attire
   You will need to wear clothes in which you are able to hike and run outside. Be aware that the trails can often be in full sun and can get warm, so dress appropriately. Trail running shoes are recommended as many of the trails have loose rock/dirt/sand and trail shoes provide better traction.

4. Community Engagement & Volunteering
   This course meets the Serving Society requirements. As part of this component, students will be required to participate in two separate trail work days organized by the Montecito Trails Foundation, Los Padres National Forest, or Paul Willis that will take place on two Saturdays during May term for a total of 12 hours of trail work. The service component is mandatory. Accommodations will be made on a case-by-case basis if a student is unable to attend one of the Saturday trail work sessions. A reflection paper that integrates your experience spending time hiking and running trails and participating in trail work is required. A handout describing the details and requirements for this paper will be provided. Students will not receive a passing grade in this course without successfully completing this assignment.

Trail/Class Etiquette

1. Focus
   Show up ready to go. Don’t be late. We will meet in front of the gym at 3:15pm and will carpool to a near-by trail for each class session. Failure to show up on time will result in an absence as you will not know where to go.
2. **Respect**
   Treat the professor, fellow classmates, and yourself with respect at all times. Remember that everyone has different abilities, celebrate each other’s victories!

3. **Satisfaction** – Enjoy this class! Our hope is that you enjoy spending time in the outdoors, gain a greater appreciation for God’s creation and your own physical abilities, and get to know each other well.

**Academic Integrity**
Dishonesty of any kind may result in loss of credit for the work involved and the filing of a report with the Provost’s Office. Major or repeated infractions may result in dismissal from the course with a grade of F. Be familiar with the Westmont College Academic Integrity Policy, found at: [http://www.westmont.edu/offices/provost/plagiarism/academic_integrity_policy.html](http://www.westmont.edu/offices/provost/plagiarism/academic_integrity_policy.html).

**Academic Accommodations**
Students who have been diagnosed with a disability are strongly encouraged to contact the Office of Disability Services as early as possible to discuss appropriate accommodations for this course. Formal accommodations will only be granted for students whose disabilities have been verified by the Office of Disability Services. These accommodations may be necessary to ensure your equal access to this course. Please contact Sheri Noble, Director of Disability Services. (310A Voskuyl Library, 565-6186, snoble@westmont.edu) or visit the website for more information: [http://www.westmont.edu/offices/disability](http://www.westmont.edu/offices/disability)