

Course: OAL214D2 - Hiking
Credit: 1 credit hour
Semester: Spring 2026
Time: F 1-2:20pm
Instructor: Tressa Barnes: tressa.barnes@calvary.edu

This is a blended class, meaning that both campus and online students take this class together. Campus students attend the classes in person, online students attend the classes via the online classroom. All interaction and assignments for campus and online students are done in the online classroom.

I. DESCRIPTION

This course covers the fundamentals of hiking as a recreational activity and an outdoor travel skill. Students will learn to incorporate the Word of God within the elements of outdoor hiking adventures.

II. OBJECTIVES

A. General competencies to be achieved. You will:

1. Begin to understand basic hiking principles as it pertains to each trail.
(Program Learning Outcomes: 1, 2, 3,4)
(Assignment: B,C,D)
2. Know how to effectively communicate, motivate and give proper instruction to those they are responsible for in a hiking setting.
(Program Learning Outcomes: 2,3,4,5)
(Assignment: C,C,D)
3. Know how to prescribe the proper selection and application of clothing, gear, accessories, hydration systems, and nutrition.
(Program Learning Outcomes:4,5)
Assignment (B,C,D)
4. Explaining basic safety and stewardship/Leave-no-trace (LNT) practices.
(Program Learning Outcomes: 4,5)
(Assignment: B,C,D)
5. Learn about how to apply biblical leadership principles when

- conducting a hike.
(Program Learning Outcomes: 1,2,3,4)
(Assignment: B,C,D)
6. Explaining the value and benefits of hiking.
(Program Learning Outcomes: 1,2,3,4,5)
(Assignment: B,CD)

B. Specific competencies to be achieved. You will:

1. The student will be able to plan and implement a hike for the group to participate in during the course.
(Program Learning Outcomes: 2,4,5)
(Assignment: B,C,D)
2. The student will be able to communicate effectively with a group of people as well as how to use biblical principles in an outdoor setting.
(Program Learning Outcomes: 1, 2, 3)
(Assignment: B,C,D)
3. The student will be able to recognize and/or describe proper hiking travel techniques.
(Program Learning Outcomes: 1, 4, 5)
(Assignment: B,C,D)
4. The student will be able to select and utilize proper clothing, accessories, hydration systems, equipment, and food while hiking.
(Program Learning Outcomes: 4 and 5)
(Assignment: B,C,D)
5. The student will be able to describe or recognize risk management that exists within hiking.
(Program Learning Outcome: 1,2,3,4,5)
(Assignment: B,C,D)

III. MATERIALS

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB), English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

B. Textbooks

Cordes, Ron. *Pocket Guide to Hiking and Backpacking*. Pocket Guides Publishing, 2017. ISBN: 9780971100701. Retail Price: 12.95. (Located on REI website).

Magnanti, Paul. *How to Survive Your First Trip in the Wild: Backpacking for Beginners*. Rockbridge Press, 2019. ISBN: 9781641526821. Retail Price \$12.99.

C. Power point

IV. REQUIREMENTS

A. Writing

1. All class papers must follow the APA style according 7th edition of the APA Publication Manual.
2. The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.
3. Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

B. A State Trails Hiking Guide Reference paper

1. The student will write a comprehensive 5 page paper on the values and principles of hiking.
2. This paper will consist of the following:
 - a. A description of 10 trails within the state of Missouri.
 - b. How these trails can provide a bible truths and principles.
 - c. What gear is needed for each of the trails and whether they are beginner, intermediate, or advanced.

C. Hiking

1. The student will hike a trail every week within a 30 mile radius of either Calvary's campus or where they are currently located.
2. The student will download a tracker app of the professor's choice to track and keep students accountable too.
3. The student must submit a journal entry of each hike and their perspective of the hike. What potential challenges they might have faced. What types of biblical truth can be gleaned from the experience.

D. Required Reading

1. Student will read the "Complete hiking and backpack guidebook".
2. Student will read the "How to Survive Your First Trip in the Wild" book.
3. Student will read a variety of articles within the course.

V. METHODS

A. Lectures, Textbook Reading, participation in hiking trials.

B. Grading

1. Reading	200 Points
2. Trail Paper	100 Points
3. Weekly Hikes	200 Points
4. Journal Entries	200 Points
Total	700 Points

VI. TENTATIVE SCHEDULE

- **Introductions: Class, instructor, syllabus, course design**
- **Benefits and Value: Health, fitness, soulful re-creation**
- **Hiking Techniques and Tips: Warm up, rest step, pace, rate of travel, trail etiquette.**
- **Equipment, Clothing, and Gear: Backpacks, accessories, essential systems**
- **Nutrition and Hydration: Calories, systems, packaging**
- **Safety: Hike itinerary and trip planning, wildlife dangers, toxic vegetation**
- **Environmental Stewardship: LNT principles, place history and management**
- **Basic First Aid: Kits, common injuries**
- **Technology: Navigational tools, phone apps, guidebooks, maps**

IX. Academic Statements:

1. All class papers must follow the APA style according to the Publication Manual of the American Psychological Association, 7th edition.
2. The Clark Academic Center (learning@calvary.edu) is dedicated to providing free academic assistance for Calvary University students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.
3. Plagiarism is defined as copying any content without identifying the source. This also includes taking another person's or AI entity's ideas or constructs and presenting them as your own. The use of AI generated content in student work is prohibited (even if cited) as it does not represent original work created by the student and is an unreliable aggregate of ideas from other sources. Plagiarism of any kind will not be tolerated.

4. Students with disabilities have the responsibility of informing the Accommodations Support Coordinator (aso@calvary.edu) of any disabling condition that may require support