
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

Timothy VanHaitsma (805-565-7134)
Meagan Stirling (805-565-6282)
Email: tvanhaitma@westmont.edu
Email: mstirling@westmont.edu

_____ – None required.

Recommended texts for further learning and the progression of your 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

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.

Commented [MOU1]: Skill-based component of PEA

Commented [MOU2]: Fitness improvement component of PEA

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.

Commented [MOU3]: PEA component

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.

Commented [MOU4]: Serving society component

-
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

Commented [MOU5]: PEA skill-based component

4. Students will consider their impact on the environment.
Method of assessment: Written assignment

A - 94% B - 87% C - 7

