



ATBO-121 – Backpacking Level 1

Business

Effective Term & Year: Fall 2023
Course Outline Review Date: 2028-04-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This experiential learning course will expose students to the basic skills required for successful wilderness travel. Backpacking and camping techniques, equipment, trip preparation, navigation, route finding, group management, and leadership skills are covered. Mountain environment and natural history topics will be presented. The students will learn minimum impact wilderness travel techniques. This course incorporates backpacking and overnight camping in a wilderness environment. The emphasis on this course is in learning the skills and knowledge required of a professional backpacking guide.

Program Information:

This course is a required course of the Adventure Tourism Business Diploma program. It is typically taken in the first year of ATBO studies.

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	
Seminar/Tutorials	8
Laboratory/Studio	

Practicum/Field Experience	40
Co-op/Work Experience	
Other	
Total	48

Course Requisites:

- Completed or concurrently enrolled in:
 - [ATBO106](#) – Experiential Leadership & Guiding (3)

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Suggested Reading:

O'Bannon, Allen & illustrations by Chelland, Mike; *Allen & Mike's Really Cool Backpackin' Book*.

Topographical maps – 1:50,000 82K15 Bugaboo Creek

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- Safely use personal and group lightweight backpacking equipment;
 - Navigate in the mountain environment using a map and compass;
 - Use leadership techniques to manage a hiking group;
 - Brief a group on the trip goals and objectives of the trip;
 - Complete client pack checks;
 - Instruct others on preventative foot care and personal hygiene;
 - Travel and camp using *Leave No Trace* principles;
 - Plan and prepare food plans for backpacking expeditions;
 - Create a route itinerary and travel plan for back packing expeditions;
 - Understand the weather systems of the mountain environment;
 - Hike and camp using *Bear Smart* techniques; and
 - Experience an extended backpacking expedition in the wilderness.
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Course Topics:

Movement Skills

- Carrying a Pack
- "Guide Pace", Fitness
- Hiking in Mountain Terrain, (including scree, boulders, snow, river crossings)
- Hiking With Poles

Technical and Safety Skills

- Equipment Selection and Use
- Trip Preparation, Route Planning
- Navigation
- Wilderness Camping
- Emergency Communications

Leadership Skills

- Client Care
- Group Management
- Judgement and Decision Making

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Movement Skills	30%
Technical and Safety Skills	40%
Leadership Skills	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Evaluation Notes Comments:

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments, and use of electronic aids.

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Equivalent Course(s) and Course Code Changes

Equivalent Course: Students who have received COTR credit for ATBO 121 may not receive additional credit for MAST 141.

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.