

# KINE 1102 : Camping and Hiking

An introduction to camping and hiking. Emphasis will be on appropriate camping gear and apparel, camping and hiking safety and etiquette, exercises for flexibility, strength and conditioning and camping/hiking as a lifelong activity. Course schedule for instructional classes and overnight camping will be discussed at the first class.

**Credits** 1

**Lecture Hours** 0

**Lab Hours** 3

**Clinical Hours** 0

**CIP**

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