J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 195 Credits: 1

Course Title: Topics in Physical Education: Geocaching I

Course Description: Covers the fundamentals of geocaching, including history, navigation, strategies, etiquette, and good sportsmanship. Provides students an opportunity to learn about geocaching while using a global positioning system (GPS) to experience an outdoor activity that promotes critical thinking and physical activity. Part I of II. Laboratory 2 hours per week.

General Course Purpose: This course, which serves as a general education wellness elective, is for individuals with all skill and activity levels. The course meets once on campus and is offered using an online delivery method.

Course Prerequisites and Co-requisites: None

Course Objectives:
Upon completing the course, the student will be able to:
a. Define terminology used in the sport of geocaching;
b. Identify different types of geocaches;
c. Discuss geocaching etiquette and rules;
d. Demonstrate how to find a geocache using a GPS-enabled device;
e. Evaluate a geocache by logging finds on geocaching.com;
f. Demonstrate knowledge of geocaching strategies and rating scales;
g. Identify and explain safety procedures;
h. Employ sportsmanship when hiding and finding geocaches;
i. Demonstrate team and leadership characteristics while assisting classmates with geocaching; and
j. Develop and/or identify personal wellness/exercise goals using the SMART planning method and focused on the improvement of geocaching skills.

Major Topics to Be Included:
a. Introduction to geocaching
   1. History
   2. Terminology
   3. Types of geocaches
b. Geocaching etiquette and rules
   1. Take something leave something
   2. Quickly move trackables
   3. Follow posted signs and park hours
c. Selection and use of a GPS-enabled device
d. Creating a game plan for a successful geocache adventure
e. Finding your first geocache
f. Logging a geocache
   1. Use of geocaching.com website
   2. Contacting geocache owner if necessary
   3. Profile statistics
g. Hiding your first geocache
   1. Determining a location
   2. Creating the geocache page
   3. Correctly rating difficulty and terrain
   4. Obtaining approval from area reviewer
   5. Monitoring the geocache placement

Effective Date of Course Content Summary: September 2015