

**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