

COURSE OUTLINE		
<b>TERM:</b> Summer 2026	<b>COURSE NO:</b> REC 121	
<b>INSTRUCTOR:</b>	<b>COURSE TITLE:</b> Introduction to Sustainable Trail Development Concepts	
<b>OFFICE:</b> <b>LOCAL:</b> <b>E-MAIL:</b> @capilanou.ca	<b>SECTION NO(S):</b>	<b>CREDITS:</b> 3.0
<b>OFFICE HOURS:</b>		
<b>COURSE WEBSITE:</b>		

Capilano University acknowledges with respect the Liłwat7úl (Lil'wat), xʷməθkʷəy̓əm (Musqueam), shíshálh (Sechelt), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) people on whose territories our campuses are located.

#### **COURSE FORMAT**

Six days of class time, plus an additional three-hour preparatory class delivered on-line. This is an intensive class delivered over one week. This course includes both in class instruction and field-based learning. Students should be prepared to spend six consecutive days of learning both in class and in the field (45 hours).

#### **COURSE PREREQUISITE/CO-REQUISITES**

None.

#### **CALENDAR DESCRIPTION**

This course is an introduction to sustainable singletrack trail development. Students will honor the traditional territories by being introduced to the customs, traditions and wisdom of the local Indigenous people. Students will study the foundation levels and basic forces and relationships affecting the overall trail experience. A focus of the course is on safety, both for trail workers and trail users. Students will learn how to properly handle tools required for trail and technical building and maintenance. Throughout the course students will be working on restoring a section trail. Through this experiential learning, students will learn to work with their local trail group(s) while being introduced to singletrack trail building techniques such as the removal of invasive species, bench cutting, water management, armoring, bridge building and technical trail features.

#### **REQUIRED TEXTS AND/OR RESOURCES**

\*\*Required readings will be posted on the course e-Learn site.\*\*

**COURSE STUDENT LEARNING OUTCOMES**

**On successful completion of this course, students will be able to do the following:**

1. Identify the customs, traditions, wisdom and environmental practices of local Indigenous people in relation to sustainable trail design.
2. Describe and identify the foundations levels, basic forces and relationship affecting the overall trail experience using an existing trail.
3. Develop a personal philosophy on successful trail design based on sustainable principles.
4. Practice how to properly and safely handle tools used in the building and maintenance of trails and parks.
5. Illustrate the appropriate techniques for sustainable trail building techniques such as the removal of invasive species, bench cutting, water management and use of natural materials in trail construction.
6. Develop a maintenance plan and schedule for an already existing trail.

**COURSE CONTENT**

Topics may include:

- Introduction to the customs, traditions, wisdom and environmental practices of local Indigenous people as it relates to land use.
- Introduction to sustainable trail maintenance.
- Safety on trails tool use and handling.
- Trail user experience and safety.
- Trail maintenance planning and selection.
- Trail construction techniques and maintenance work.

**EVALUATION PROFILE**

Assessment	% of Final Grade	Deadline
Assignments	60-80%	
Plans/Reports	20-40%	
<b>Total</b>	<b>100%</b>	

No individual component will be worth more than 35%

**GRADING PROFILE**

A+ = 90-100	B+ = 77-79	C+ = 67-69	D = 50-59
A = 85-89	B = 73-76	C = 63-66	F = 0-49
A- = 80-84	B- = 70-72	C- = 60-62	

**Incomplete Grades**

Grades of Incomplete "I" will not be assigned in this course.

**Late Assignments**

Assignments are due on the due date listed. If you anticipate handing in an assignment late, please consult with your instructor beforehand. Late assignments will be subject to 10% per day late penalties.

**Missed Exams/Quizzes/Labs etc.**

Make-up exams, quizzes and/or tests are given at the discretion of the instructor. They are generally given only in medical emergencies or severe personal crises. Some missed labs or other activities may not be able to be accommodated. Please consult with your instructor.

\*\*\* Accommodations can be made to honour community needs and traditional practices.

**Attendance**

Students are expected to attend all classes and associated activities.

**English Usage**

Students are expected to proofread all written work for any grammatical, spelling and stylistic errors. Instructors may deduct marks for incorrect grammar and spelling in written assignments.

**Electronic Devices**

Students may use electronic devices during class for note taking only.

**On-line Communication**

Outside of the classroom, instructors will (if necessary) communicate with students using either their official Capilano University email or eLearn; please check both regularly. Official communication between Capilano University and students is delivered to students' Capilano University email addresses only.

**UNIVERSITY OPERATIONAL DETAILS****Tools for Success**

Many services are available to support student success for Capilano University students. A central navigation point for all services can be found at: <https://www.capilanou.ca/student-services/>

**Capilano University Security: download the [CapU Mobile Safety App](#)**

**Policy Statement (S2009-06)**

Capilano University has policies on Academic Appeals (including appeal of final grade), Student Conduct, Academic Integrity, Academic Probation and other educational issues. These and other policies are available on the University website.

**Academic Integrity (S2017-05)**

Any instance of academic dishonesty or breach of the standards of academic integrity is serious and students will be held accountable for their actions, whether acting alone or in a group. See policy and procedures S2017-05 Academic Integrity for more information:

<https://www.capilanou.ca/about-capu/governance/policies/>

Violations of academic integrity, including dishonesty in assignments, examinations, or other academic performances, are prohibited and will be handled in accordance with the Student Academic Integrity Procedures.

**Academic dishonesty** is any act that breaches one or more of the principles of academic integrity. Acts of academic dishonesty may include but are not limited to the following types:

**Cheating:** Using or providing unauthorized aids, assistance or materials while preparing or completing assessments, or when completing practical work (in clinical, practicum, or lab settings), including but not limited to the following:

- Copying or attempting to copy the work of another during an assessment;
- Communicating work to another student during an examination;
- Using unauthorized aids, notes, or electronic devices or means during an examination;
- Unauthorized possession of an assessment or answer key; and/or,
- Submitting of a substantially similar assessment by two or more students, except in the case where such submission is specifically authorized by the instructor.

**Fraud:** Creation or use of falsified documents.

**Misuse or misrepresentation of sources:** Presenting source material in such a way as to distort its original purpose or implication(s); misattributing words, ideas, etc. to someone other than the original source; misrepresenting or manipulating research findings or data; and/or suppressing aspects of findings or data in order to present conclusions in a light other than the research, taken as a whole, would support.

**Plagiarism:** Presenting or submitting, as one's own work, the research, words, ideas, artistic imagery, arguments, calculations, illustrations, or diagrams of another person or persons without explicit or accurate citation or credit.

**Self-Plagiarism:** Submitting one's own work for credit in more than one course without the permission of the instructors, or re-submitting work, in whole or in part, for which credit has already been granted without permission of the instructors.

**Prohibited Conduct:** The following are examples of other conduct specifically prohibited:

- Taking unauthorized possession of the work of another student (for example, intercepting and removing such work from a photocopier or printer, or collecting the graded work of another student from a stack of papers);
- Falsifying one's own and/or other students' attendance in a course;
- Impersonating or allowing the impersonation of an individual;
- Modifying a graded assessment then submitting it for re-grading; or,
- Assisting or attempting to assist another person to commit any breach of academic integrity.

**Sexual Violence and Misconduct**

All Members of the University Community have the right to work, teach and study in an environment that is free from all forms of sexual violence and misconduct. Policy B401 defines sexual assault as follows:

Sexual assault is any form of sexual contact that occurs without ongoing and freely given consent, including the threat of sexual contact without consent. Sexual assault can be committed by a stranger, someone known to the survivor or an intimate partner.

Safety and security at the University are a priority and any form of sexual violence and misconduct will not be tolerated or condoned. The University expects all Students and Members of the University Community to abide by all laws and University policies, including B.401 Sexual Violence and Misconduct Policy and B.401.1 Sexual Violence and Misconduct Procedure (found on Policy page <https://www.capilanou.ca/about-capu/governance/policies/>)

**Emergencies:** Students are expected to familiarise themselves with the emergency policies where appropriate and the emergency procedures posted on the wall of the classroom.

**DEPARTMENT OR PROGRAM OPERATIONAL DETAILS**

See course syllabus.