

Hiking for Beginners
Storyboard

KEVIN
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learning solutions



*** This storyboard serves as a wireframe to demonstrate basic functionality, layout and design of eLearning course.*

Video Introduction

Back button

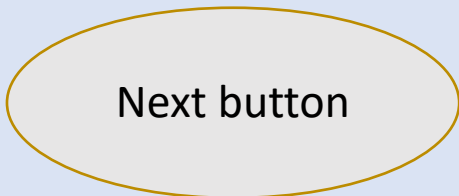
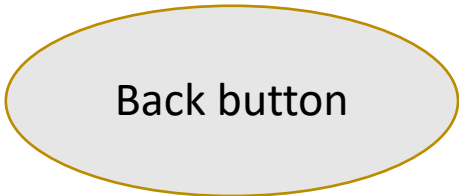
Next button

Hiking for Beginners

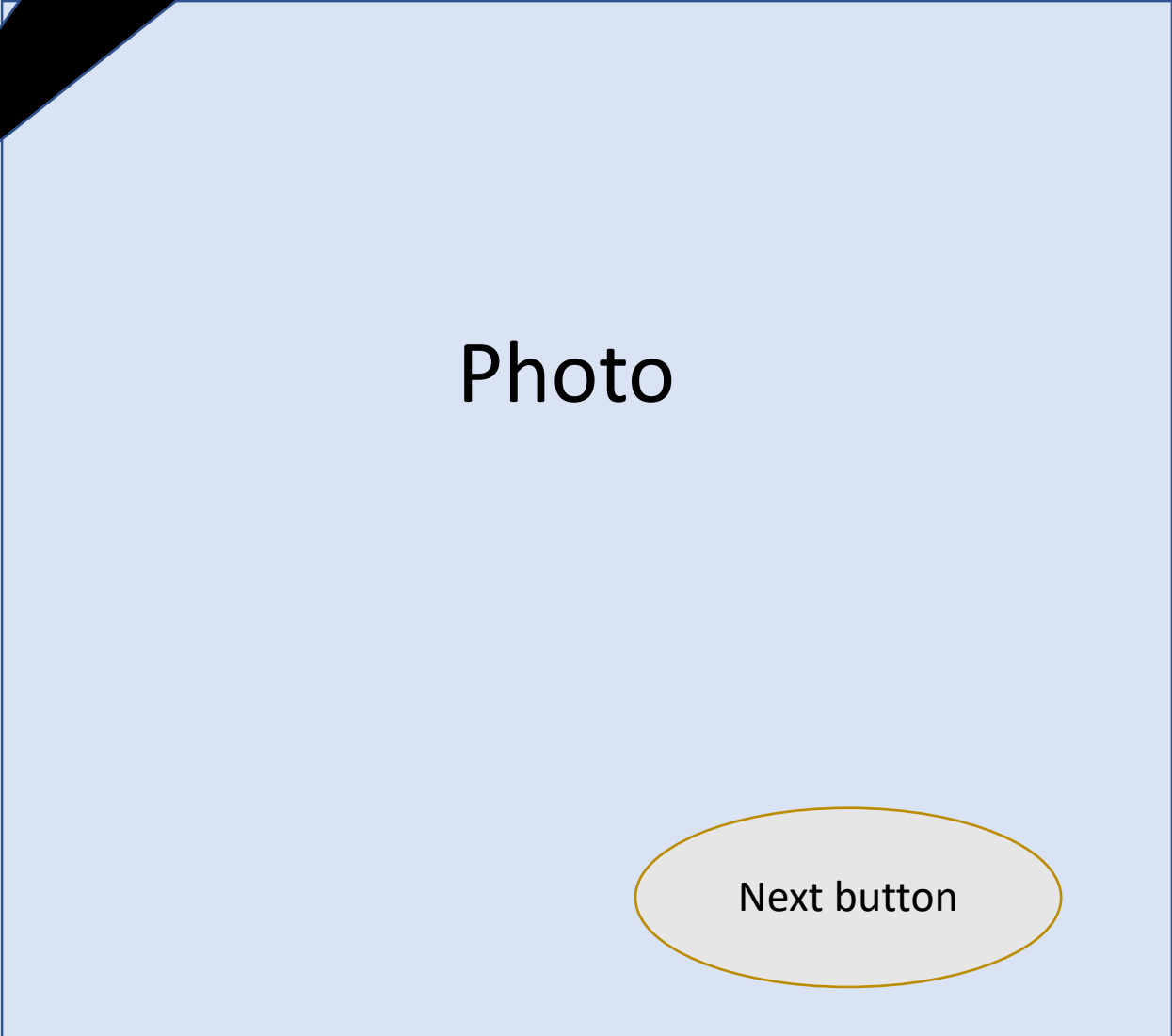
Welcome to the course!

Type your name in the box below to customize your learning experience.

Let's go <username>! Click the forward button when ready.



Confirmation box with name appears once they've entered name



Learning goals

Click each number to reveal a learning goal:

1. Health benefits of hiking
2. Basic hiking safety
3. Essential gear to bring
4. How to select a trail

Animated. Click to reveal

Ok <username>, here's what you'll learn in this course.

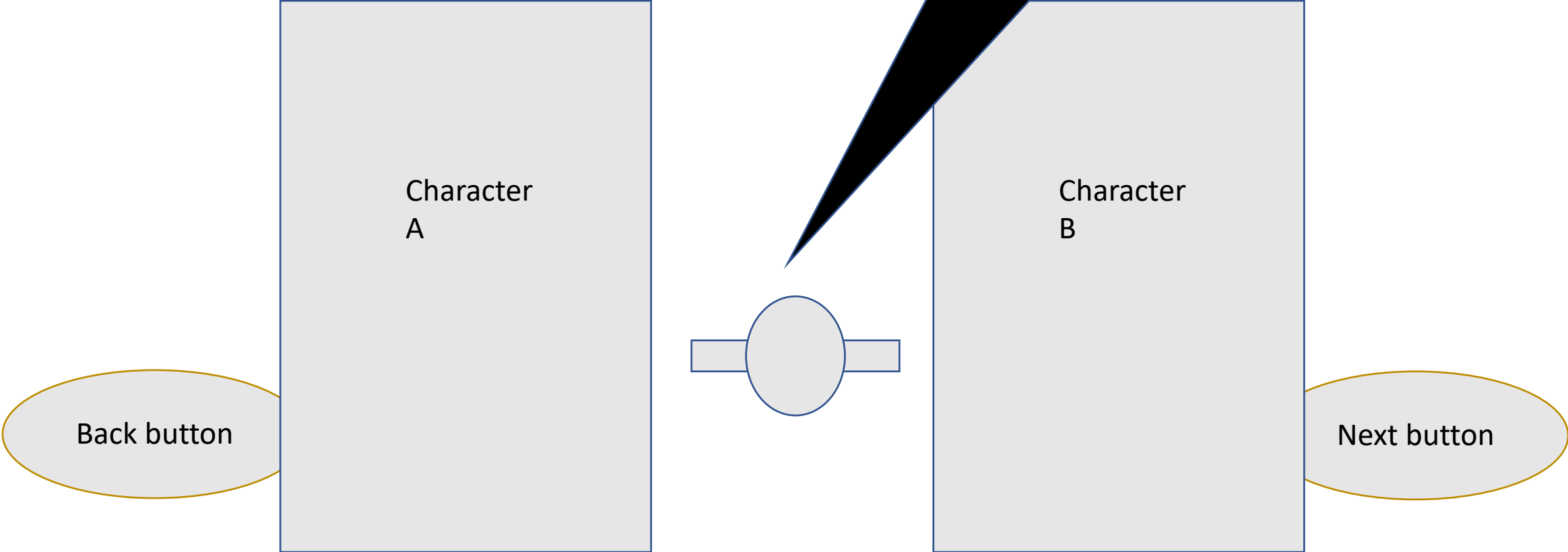
Photo

Back button

Next button

Select Your character

Choose your guide to help you along the way. Use the slider to make your selection.



Benefits of Hiking

Click to reveal

Nature video playing behind text with filter. Nature sounds playing.

PHYSICAL

- An excellent whole-body workout
- Improves cardiovascular fitness
- Improves your sense of balance

MENTAL

- Reduces stress
- Calms anxiety
- Alleviates symptoms of depression
- Improves sensory perception

EMOTIONAL

- Improves mood
- An excellent shared activity
- Strengthens relationships

Nothing can restore peace, calm and well-being like an outdoor adventure. Feeling the sunshine on your face, the ground beneath your feet and the sounds and smells of nature all around you.

Hiking has physical, mental and emotional health benefits. Click each of the benefits on the left.

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Next button

This layer appears over the following slide on Hiking Safety.

Character A or B (thinking face)

“I want to be safe out there, so what do I need to consider beforehand?”

Before heading out, it's important to know some basic hiking safety considerations

Next button

Back button

Hiking Safety

From sunscreen to hiking boots, having the right equipment will help you prepare for the journey ahead and keep you safe. Choose your gear after you have made a plan.

Gear



Map

Bring a map or have a navigation app so that you don't get lost or in case you need to take an alternate route due to an emergency.

Always carry a first-aid kit. It will allow you to respond quickly in case of injury.

First Aid

Communicate

Avoid hiking an unknown trail alone and always be sure to tell someone where you are going. Inform them of your route and schedule.

As learner moves needle, each safety consideration lights up and context box appears on the right.

Plan

Do your research ahead of time. First, check the local weather forecast so you're not caught unprepared. Then, identify an appropriate trail and pick your gear accordingly.

Hydration

With strenuous exercise, your body requires more water and dehydration in a remote area without potable water nearby could be life-threatening.

Move the compass needle to the left to learn about 6 important hiking safety considerations.

Content for each safety consideration.

Back button

Background image of mountains.

Next button

Knowledge Check 1

Physical

Emotional

Mental

Back button

Drag and drop
interaction.

Match the health benefit with the correct category by dragging and dropping it in the correct location

Reduces stress

Improves mood

Strengthens relationships

Improves your sense of balance

Improves cardiovascular fitness

Improves sensory perception

Next button

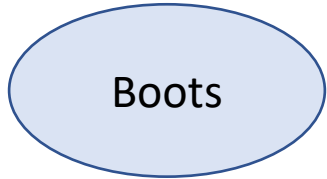
Packing List and Gear

Hotspot interaction. Click on each gear picture and content appears in a box.

Backpack You'll need a way to carry all your gear and a sturdy, comfortable backpack is a worthy investment.



Boots Hiking boots keep your feet dry and offer support for your feet and ankles.

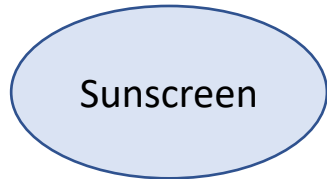


First Aid Always carry a stocked first aid kit. This will enable you to respond to emergencies, and to treat things like blisters, cramps, and minor cuts

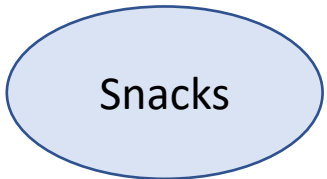


<Username>, after you've checked the forecast and planned your route, it's time to choose your gear. <character> is choosing gear for their hike. Help them learn about what to take by clicking the items on the left..

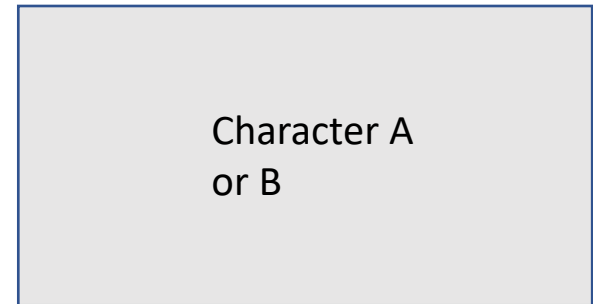
Water Your body needs water to function properly, and you'll need to drink more in hot weather while exerting yourself. Bring lots of water to prevent dehydration.



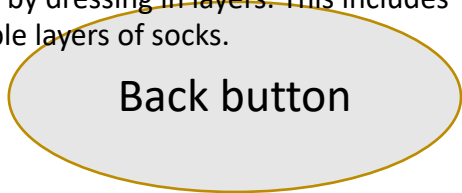
Sunscreen It's important to protect your skin from UV rays, even in cloudy conditions or during the winter months.



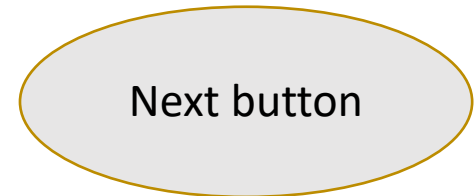
Map/Nav tools Always make sure you have a compass or map app to prevent getting lost. Depending on the hike, consider that you may not have cell service or a way to recharge.



Clothing layers Weather can change drastically so plan ahead by dressing in layers. This includes multiple layers of socks.



Snacks You'll burn more calories while you're moving so keep yourself fueled. Nuts, bars and fruit all make great hiking snacks.



How to Choose Your Trail

Click to reveal (tabbed) interaction in layers. Each contains photo and text.

Distance	Time	Weather	Elevation	Fitness	Logistics
<p>How far are you prepared to go? Are you looking to log the miles or take it easy?</p> <p>Keep it manageable when you're first starting. Consider the pace you'll be moving at and the fitness level of those in the group.</p> <p>This will also impact how much food and water you'll need to bring. Check with local rangers or guides if you need additional info and guidance.</p>	<p>How much time do you have and how fast will you be moving? Do you have all day or are you looking to spend an afternoon? This will factor in with distance.</p>	<p>Whether snow, rain, wind, hot or cold, the local weather will play a huge factor in what you'll want to tackle.</p> <p>Be sure to check weather reports ahead of time so that you're prepared and factor this into your choice of trail. Some trails might have snow depending on the time of year or the temperature may plummet based on the time of day.</p>	<p>1000 feet of elevation might not sound like much, but it could be more than you're ready for. Keep the terrain in mind when choosing a trail.</p> <p>Depending on your fitness level and how much time you have, consider how much you want to climb and what your goals are.</p> <p>A general rule of thumb is 1000 feet of elevation equals an hour of hiking.</p>	<p>Choose trails that are inline with your current fitness level. Don't try to do too much too soon.</p> <p>Listen to your body and how it feels so you learn when to push yourself and when it's time to turn around.</p>	<p>Some hikes require more planning than others. For example, are you starting and ending at the same place? Or do you require a shuttle to get you back to your car?</p> <p>Do you require permits or reservations ahead of time? Are there special regulations you need to be aware of?</p> <p>All of these questions will have an impact on your choice of trail and plan</p>

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Next button

Knowledge Check 2 - Case scenario

Clicking each character reveals new state with dialogue box and selection effect.

Brandon and Laura are getting ready for a weekend hiking trip,

Help them make a choice about how to begin prepare their trip.

Who has the better suggestion, Brandon or Laura?

Click the character to choose.

Let's talk gear. We'll need a camping stove, trekking poles, and a USB charger.

We should check the weather report, then some maps of the area and choose our trail.

Int. Living room photo

Char. A

Char. B

Back button

Next button

Quiz Instructions

Now it's time to see what you've learned.

You'll be asked 5 questions. Follow the instructions for each.

Let's go <username>!

Back button

Nature/hiking photo

Next button

Quiz (5 questions)

1. Which are essential gear items? (Fill in the blank)
A. Sunglasses
B. **First-aid kit**
C. Hat
D. Flashlight
2. Which are health benefits of hiking? Check all that apply. (Multiple choice, multiple answer)

Whole-body workout

Builds upper body strength

Increases flexibility

Calms anxiety

Improves hand-eye coordination

Strengthens relationships

Back button

3. What things should you consider to ensure you safety when choosing an appropriate trail? Check all that apply.

Elevation, Scenery, Cell Service, **Fitness**, **Weather**, Party size

4. Match the correct hiking safety consideration on the left with the corresponding check list action on the right by dragging and dropping the boxes.

Plan	Check local weather and get directions to trailhead
First-Aid	Add more bandages to the kit
Gear	Clean boots and pack sunscreen
Navigate	Test new app and download map
Hydrate	Fill bottle and check filtration system
Communicate	Call Cindy so she knows where I'm going

5. A general rule of thumb is ___ feet of elevation equals an hour of hiking.
A. 500
B. **1000**
C. 100

Each question appears on its own slide.

Results

Information updates and changes state depending on whether learner passed quiz or not.

Your Score:
Passing Score:

Character A or B
(positive or negative response)

Positive or negative confirmation of result.

Review quiz

Next button

Thanks!

Happy trails!

Nature photo

That's it! Thanks for spending the time to learn more about hiking for beginners.

Wherever you roam, good luck out there and have fun!

Made by:



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Fun exit
music playing