

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: July 2012

I. Course Prefix and Number: PE 151

Course Name: Canoe and Kayak Paddling Experiences

Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

Catalog Description including pre- and co-requisites: This course allows both the novice and the experienced paddler a chance to learn and perfect canoe and/or kayak paddling techniques. Included in this course are steering methods, boating safety, selecting and caring for equipment, choosing appropriate bodies of water and enjoying paddling as a recreational activity. The college will furnish equipment. This course is designed to introduce students to canoe and kayak information and techniques through lecture and experience gained through several half to full day outings. Safety, trip planning, and mastering correct paddling techniques will be discussed. An appreciation for the natural environment and a lifetime of physical activity are stressed throughout the course. No prerequisites.

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II. Course Outcomes and Objectives

Student Learning Outcomes: This course is designed to provide practical experience in selecting and paddling canoes and kayaks. The students will learn how to safely utilize and care for equipment as well as proper canoe and kayak paddling techniques. An appreciation of the environment as well as physical activity will be stressed.

The student will:

1. Identify written materials on a topic of interest pertaining to canoeing and/or kayaking
2. Write a short paper (one to two pages) on research findings and orally present those findings to the class
3. Identify various canoe and kayak types and related equipment
4. Recognize the proper water-condition selection based on experience level
5. Execute correct propulsion and steering methods for canoes and kayaks
6. Demonstrate knowledge of correct canoe and kayak equipment terminology
7. Implement safe practices in canoe and kayak handling
8. Implement proper preparation for day trips
9. Demonstrate group cooperation and participation

This is a hands-on course that will provide skills and knowledge that will assist students in both occupational and recreational pursuits.

Relationship to Academic Programs and Curriculum:

Canoe and Kayak Paddling Experience is an elective physical education course and can be used to fulfill one credit of the physical education requirement.

College Learning Outcomes Addressed by the Course:

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|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input checked="" type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |

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|---|---|
| <input type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input checked="" type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

A series of handouts, developed by the instructor, will be provided to the students including: the specifics of terminology regarding equipment parts, personal protective equipment and suggested apparel. The college will supply the canoes, kayaks and related equipment.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

This course is a combination of lecture and experiential learning. Introductory lectures and videos will precede each of the two different types of boats being covered. Subsequently, applying and executing techniques learned from the lecture will be practiced.

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques and oral communications, along with developing ethics and values regarding an appreciation of lifetime recreation and fitness.

V. General Outline of Topics Covered:

Experience assessment
 Safety: life vests, staying afloat, hypothermia risk and aid, and 'what if' scenarios
 Boat parts/names/flotation (vocabulary list and boat tour)
 Launching techniques: from shore and dock
 Paddling techniques
 Treatment/Handling
 Trailer use: tying/securing, proper hook-up and inspection
 Experiencing varying boat types and perfecting strokes