COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1101: Canoeing

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 
3. Prerequisites (Course discipline/number): None
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course in recreational canoeing allows students to experience both lake and river canoeing. Students will learn the fundamentals of canoeing; proper stroke technique, situation water reading, correct equipment, water safety, and river rescue.

B. DATE LAST REVISED (Month, year): October, 2006

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Historical Overview of the Use of Canoes
   a) Values of canoeing
2. Rules of Safety and Conduct
   a) What to do in case of an accident
      i. River rescue
   b) Canoeing etiquette
   c) Environmental concerns
3. Equipment and It’s Care
   a) Types of canoes
      i. Selection of a canoe
   b) Proper handling of canoes and canoe accessories
   c) Care during canoe loading, transportation and unloading
   d) Personal item inventory
4. Basic Skill Fundamentals
   a) Portage of carrying a canoe
   b) Launching and removing canoes
   c) Correct paddling techniques

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Learn about the history of canoeing and associated value.
2. Identify canoe rules of safety and conduct.
3. Demonstrate their understanding of canoe safety and etiquette.
4. Discuss and demonstrate what to do in case of a canoe accident.
5. Demonstrate how to use the canoe as a support and life preserver in case of an accident.
6. Demonstrate how to spill water out of a partially filled canoe.
7. Discuss the selection of a canoe and types of canoes.
8. Discuss the handling and care of canoeing equipment.
9. Learn what personal items are necessary for a particular canoeing adventure.
10. Demonstrate basic skill fundamentals – both tandem and solo canoeing.
    a) Demonstrate portage or carrying a canoe.
    b) Demonstrate launching a canoe.
    c) Demonstrate entering a canoe.
    d) Demonstrate leaving a canoe.
    e) Demonstrate removing a canoe from the water.
    f) Demonstrate correct paddling positions – stroke variations.
11. Discuss and demonstrate the proper way to load, transport, and unload canoes.
12. Demonstrate proper communication and stroke coordination when tandem canoeing.
13. Demonstrate how to switch positions in a canoe when tandem canoeing.
14. Discuss situation river reading.
E. LEARNING OUTCOMES (MNTE): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Attendance/participation
   2. Practical demonstrations
   3. Written exams

G. SPECIAL INFORMATION (if any): None