

Course discipline/number/title: PHED 1101: Canoeing

A. CATALOG DESCRIPTION

1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): None
4. 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; launching, landing and transporting a canoe, proper stroke technique, situational water reading, selecting canoes and the correct equipment, water safety and etiquette, crew communication and river rescue.

B. DATE LAST REVISED (Month, year): April, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Historical Overview of the Use of Canoes and the Value of Canoeing
2. Rules of Safety and Conduct, Including Proper Canoeing Etiquette, Rescues and Environmental Concerns
3. Equipment and Its Care, Including Selecting Types of Canoes and Supporting Equipment, How to Properly Load/Unload and Transport a Canoe
4. Basic Canoeing Skill Fundamentals, Including How to Portage a Canoe, Launching and Removing a Canoe from the Water, and Correct Paddling Techniques

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Discuss the history of canoeing and its associated value in recreation.
2. Identify and apply watercraft rules of safety, conduct and etiquette.
3. Explain situation river reading.
4. Discuss and demonstrate what to do in case of a canoe accident and how to use the canoe as a support and life preserver in case of an accident.
5. Demonstrate how to spill water out of a partially filled canoe.
6. Discuss types of canoes and the selection of a canoe for a given purpose.
7. Discuss and demonstrate the handling and care of canoeing equipment.
8. Describe what personal items are necessary for a particular canoeing adventure.
9. Demonstrate basic skill fundamentals – both tandem and solo canoeing, including; portage or carrying a canoe, launching a canoe, entering /leaving a canoe, removing a canoe from the water, and correct paddling positions and stroke variations.
10. Demonstrate the proper way to load, transport, and unload canoes.
11. Demonstrate proper communication and stroke coordination when tandem canoeing.
12. Demonstrate how to switch positions in a canoe when tandem canoeing.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:

Methods may include but are not limited to:

1. Attendance/Participation
2. Practical Skill Evaluations
3. Written Assignments
4. Written Exam

G. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None