



PE 1505

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1505

Title: Kayaking

Catalog Description:

In this course, students learn paddling strokes and techniques, safety measures and self-rescue techniques.

Students learn to read water flow patterns on flat and white water rivers, and to properly care for equipment.

Students must pass a swimming test. A field trip is required. This course may be repeated for credit.

General Education Requirements: N/A

Semesters Offered: Fall, Spring, Summer

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Corequisites: During Maymester only: PE 1535 and PE 1527

Justification:

Lifetime recreational activities such as kayak paddling develop physical skills that form the basis of a healthful life-style. This is important in a society with so many health dangers associated with sedentary life-styles.

This course fulfills an elective credit at the University of Utah (ESS 1710).

Student Learning Outcomes:

Students learn

- paddling strokes so they can control their boats
- buddy rescues and self-rescue techniques, such as the eskimo roll
- to read moving water on flat and white water rivers
- to maneuver their boats on the river by learning eddy turns, peel outs, ferrying, surfing, etc.
- safety practices associated with kayaking

Content:

Students progress through skills by first learning and practicing them in the controlled environment of the swimming pool. They then transfer these skills to flat water outside and work up to moving rivers and ultimately to white water rivers. Some of the paddling skills they learn are forward and reverse power strokes, sweeps, draw stroke, rudder strokes, high and low braces, and the eskimo roll.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Kayak paddling is a rigorous activity. It demands use of the large muscles of the back and abdomen. Good flexibility is a real asset in paddling. Paddling can be a very good cardiorespiratory workout as well. Strength, flexibility, and cardiorespiratory endurance are the foundation of a good fitness program. Choosing kayaking as a lifestyle pursuit will help students reap the health benefits associated with a good fitness program.

Key Performance Indicators:

The students gain proficiency in kayaking by active practice. The instructor observes, analyzes and helps to correct errors. The students must pass off skills that are taught. This is done by demonstrating the skills to the instructor. Attendance is highly valued in this class since it only meets for eight days (4 hours each day) Percent values are approximate.

- Attendance: 50%
- Demonstration of all the skills, (paddle strokes, eskimo roll, river maneuvers, reading the river etc.): 40%
- Being involved with helping do the work of caring for and transporting the equipment: 10%

Representative Text and/or Supplies:

Instructor handouts

Optimum Class Size: 15

Maximum Class Size: 15

Signatures:

I hereby submit this course syllabus:

Elliot Anderson, ,

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)