

HHPA 108 : INTRODUCTION TO CANOEING

Transcript title

Introduction to Canoeing

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduces the sport of canoeing, including the selection of appropriate gear, effective paddling techniques, and canoe maneuvers on lakes and other calm-water venues. Develops an understanding of the use of canoeing as a recreational activity and further develops a sense of the canoe as a method of outdoor/wilderness travel. Students do not need any previous paddling experience. Canoes, paddles, and personal flotation devices will be provided.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Identify the components of necessary canoeing gear.
3. Demonstrate the application of various canoe strokes.
4. Effectively control a canoe through a series of maneuvers.
5. Apply appropriate techniques and methods in flatwater rescue scenarios.

Content outline

1. Boat Carries: Tandem Suitcase, Tandem overhead, Solo overhead 2. Introduction to gear: Paddles, pfd's, canoe parts, rescue gear 3. Boat Entry's: shallow entry 4. Paddle for fun, venue should be flat (non-current) water 5. Intro to Paddle Strokes, including the forward, back, draw, pry, sweep, and Duffek strokes 6. Mastering paddle strokes: continued practice of the strokes 7. Intro to Maneuvers: begin application of combination of strokes in a tandem boat to maneuver boat through: forward, backward, spins, turn, side-slip 8. Mastering maneuvers; 9. Intro to Rescue, including self-rescues, boat-over-boat rescues, and tows

Required materials

There are no required materials. All materials for the course are provided by the college, including canoes, paddles, personal flotation devices. All study material is provided on the syllabus as link to websites, articles, and videos.

General education/Related instruction lists

- Health