

# HHPA 109 : WHITEWATER KAYAKING I

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## Transcript title

Whitewater Kayaking I

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Provides introduction to whitewater kayaking.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of Kayaking to develop overall physical fitness and enhance sport activities.
3. Demonstrate appropriate paddling techniques for various conditions.
4. Demonstrate clothing choices that will keep a person safe in a cold-water environment.
5. Promote, demonstrate, and participate in the "leave no trace" philosophy.
6. Explain and demonstrate river rescue by using a throw line.

## Content outline

Intro to Kayaking Wilderness training techniques and equipment tour  
Calm water practice Balance and basic paddling strokes Flat-water practice  
Ferrying practice, peel outs and eddy turns Swift water and white water training  
River rescue and throw line use. Whitewater and swift water paddling  
Advanced wet exit practices

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student. Kayaks and pfd's may be provided by the school.

## General education/Related instruction lists

- Health