Bemidji State University

PHED 1180: Skills for Life: Canoeing

A. COURSE DESCRIPTION

Credits: 1  
Lecture Hours/Week: 0  
Lab Hours/Week: 0  
OJT Hours/Week: *.*  
Prerequisites: None  
Corequisites: None  
MnTC Goals: None  

An activity course that introduces the fundamental skills of canoeing. Emphasis is on safety and on tandem and solo paddling techniques. Prerequisite: swimming test or consent of instructor. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES:  08/02/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Paddling concepts  
2. Rescue skills  
3. Safety and general knowledge  
4. General care and maintenance of canoes

D. LEARNING OUTCOMES (General)

1. understand the canoe and paddles physics along with body and paddling positions and stroke concepts.  
2. learn about hypothermia, hyperthermia, rescue priorities and rescue sequences.  
3. learn about personal preparation and how to use the basic equipment (canoes, paddles, life vest, map reading and first aid).  
4. understand flat water and moving water dynamics.  
5. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.  
6. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.  
7. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted