Bemidji State University

PHED 1120: Skills for Life: Introduction to Sea Kayaking

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 basics of kayak history, design, skills, and equipment. Taught through lecture, demonstration, and both on- and off-the-water skills practice. [BSU Focus: Performance and Participation]

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Advanced skills: rolls, sculling
2. Basic strokes
3. Group safety/communication
4. Kayak history
5. Navigation: weather, lean turns, and braces
6. Rescue techniques
7. Trip planning/packing
8. Wet Exits

D. LEARNING OUTCOMES (General)

1. learn the major parts of the kayak as well as the equipment used.
2. assess subjective factors such as paddler skill level, energy level, and confidence (personal and that of other paddlers).
3. understand basic sea kayak navigation.
4. learn about the assessing objective factors such as the weather, water temperature, wind conditions, visibility, and complexity of the route.
5. learn about the origins and history of traditional sea kayaking.
6. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
7. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
8. 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