

# North Hennepin Community College

## EXSC 1760: Introduction to Kayaking and Canoeing

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for the beginner in both kayaking and canoeing. Students will learn how to get in and out of the kayak, wet entry, basic paddling strokes, and safety on the water for flat water kayaking. The canoeing portion covers safety, and proper steering paddling techniques. The course also includes a half day canoe trip and a half day kayak lake tour for skill application.

**B. COURSE EFFECTIVE DATES:** 08/01/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Course content includes on water skills for basic flat water kayaking: strokes, steering, defensive kayaking, safety, and wet entrances. For canoeing: basic canoe strokes, teamwork, steering, and safety.

### D. LEARNING OUTCOMES (General)

1. Acquire the basic canoeing skills such as paddling techniques, teamwork, boat anatomy, and safety skills. (NHCC Core Ability Critical Thinking, comp. a; PE Goals 1,4,7; NHCC ELO 1)
2. Acquire the basic flat water kayaking skills such as safety, proper paddling form, paddle strokes, and boat anatomy. (NHCC Core Ability Critical Thinking, comp. a; PE Goals 1,4,7; NHCC ELOs 1, 2, 3)
3. Students will gain an understanding of how to perform a wet entrance/from water for kayaking when the situation should arise. (NHCC Core Ability Critical Thinking, comps. a, b, c; ;PE Goals 1,4; NHCC ELOs 1, 2, 3)
4. Gain a basic understanding and knowledge of Minnesota's local rivers and lakes through kayaking and/or canoeing. (NHCC Core Ability Critical Thinking, comps. a, b, c; PE Goal 1; NHCC ELOs 1, 3)

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.