

# Inver Hills Community College

## PHED 2200: Flatwater Canoeing Skills

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 1

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Provides instruction and experience in paddling on lakes and rivers with minimal rapids. Course content includes equipment, clothing, safety, conditioning, basic paddling strokes and skills, and the various types of canoes. This course requires physical activity and will take place over one weekend with the first portion instructional and the final 2 days spent on a canoe trip on moving water. Students will camp out during the canoe trip. There is also one class period on-campus before the trip for orientation to the course. Most activities will take place outdoors. Special fee required. Pass/Fail grading option only.

**B. COURSE EFFECTIVE DATES:** 01/01/1998 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Demonstrate, instruct, and practice moving water strokes on flatwater: 10%
2. Discuss moving water hazards and techniques: 10%
3. Discuss rescue techniques in moving water: 5%
4. Discuss/demonstrate canoe tripping gear and waterproof packing techniques: 5%
5. Practice all canoe skills on a day long canoe trip on a local river or lake from canoe to pull out. Practice proper post-trip gear care: 30%
6. Practice canoe strokes and skills on short stretch of moving water: 18%
7. Practice safe canoe entry and exit on moving water and moving water strokes on same: 10%
8. Review canoe construction: 2%
9. Review safe canoe entry and exit and flatwater strokes: 10%

### D. LEARNING OUTCOMES (General)

1. Demonstrate the basic canoe strokes (bracing, turning or corrective, and power)
2. Label the parts of the canoe and their functions
3. Demonstrate safe entry and exit from canoes in flat and moving water
4. Identify six hazards in moving water
5. Identify proper equipment and clothing for a day long canoe trip and will be able to demonstrate methods of waterproofed gear packing
6. Demonstrate the ferry technique in moving water

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted