

Course Code & No. - Section: PHED 105 - Section 1
Course Title (Credits): Stand Up Paddleboarding (1)
Term & Year: Fall / 2015
Course Ref. No. (CRN): 80008

Instructor: Will Hoida
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Office: Patterson Hall 208
Office Hours: T 11:00 - 12:00 p.m., and by appointment

Class Meeting Time: Five Friday's in the first part of the fall semester from 9-11:45 am. Friday's include: August 21st, August 28th, September 4th, September 11th and September 18th.

Location: TCES Lobby

Prerequisites: Must be able to swim and have a good attitude!

Course Description

This course introduces students to the fundamental concepts of paddleboarding. All five classes will be held in the field where we will carpool to a nearby beach and paddleboard out-and-back on Lake Tahoe as a group.

Student Outcomes

Upon successful completion of this course, a student should be able to:

1. Properly paddle a stand up paddleboard on Lake Tahoe.
2. Properly load and unload a stand up paddleboard from the gear room and on and off vehicles.
3. Be able to remount a paddleboard on Lake Tahoe in various conditions.
4. Recognize and read lake features and hazards.
5. Identify the various pieces of essential stand up paddleboard gear and how to use them properly.

Methods of Assessing Student Outcomes

Student outcomes will be assessed using the following:

1. Regular attendance and participation in the Friday field based classes.
2. Willingness to help load and unload stand up paddle gear to and from sites.
3. Attitude
4. Ability to identify stand up paddleboard equipment and use it properly.

Instructional Strategies

This class will utilize various beaches, stretches of lake and inevitably weather/lake surface conditions to test our students stand up paddling technique and make them well rounded paddlers to go and paddle on their own once the class is complete.

Attendance

In order for students to receive credit for this class they need to attend at least 15 hours of class time.

Class Requirements

Students should show up at TCES Lobby 5 minutes prior to the class starting time of 9 a.m., in a bathing suit, and ready to help get the boards loaded into the van.

Grading Policy

Students with a good attitude who attend 15 hours of scheduled class time and participate in both paddling and helping load and unload the equipment safely will receive a passing grade in the class.

Mandatory Special Accommodations (ADA) Statement

“Academic Accommodations: In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, students with a documented disability are eligible for support services and accommodations. If a student wishes to request an accommodation, contact the Director of Student Services (Prim Library room 323) at (775) 831-1314 x7534 within the first week of the semester.”

Class Schedule

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| Aug. 21st | Class introduction and paddle stroke practice at Sand Harbor. |
| Aug. 28th | Paddle trip from Kings Beach to Speedboat Beach and back. |
| Sept. 4th | Special Class Overnight Trip - Paddle trip from Bliss to Emerald Bay. |
| Sept. 11th | Paddle trip from Sand Harbor going south and back. |
| Sept. 18th | Paddle trip from Ski Beach to Hidden Beach. |