

Course Code & No. - Section: PHED 140 - Section 1
Course Title (Credits): Whitewater Kayaking (1)
Term & Year: Spring / 2015
Course Ref. No. (CRN): 10274

Instructor: Will Hoida
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Office: Patterson Hall Room PA 208
Office Hours: By appointment

Class Meeting Time: Mondays from 1-3:45 p.m. starting April 1st and ending May 6th, 2015

Location: TCES Lobby

Prerequisites: Must be able to swim, attempt rolling a kayak in full kayak gear using a skirt and have a good attitude!

Course Description

This course introduces students to the fundamental concepts of the kayak roll. Beginning with multiple practice sessions held at an indoor pool and cumulating with a half-day trip to a nearby river, successful students will acquire the skills in this course to comfortably navigate Class II whitewater.

Student Outcomes

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

1. Properly roll a kayak in calm water.
2. Navigate class II whitewater.
3. Recognize and read river features and hazards.
4. Identify the various pieces of essential kayak 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 to the Wednesday roll classes.
2. Willingness to both attempt to roll a kayak and spot/help other kayakers.
3. Attitude
4. Ability to identify kayak equipment and use it properly.

Instructional Strategies

This class will utilize pool sessions to learn the basics of kayaking in a safe and controlled environment. Upon demonstration of solid roll techniques and proper use of kayak equipment and rescue procedures, small groups of students will be taken to a local river to further advance their skills in an actual river environment.

Attendance

In order for students to receive credit for this class they need to attend at least 15 hours of class time. This will include four two-and-a-half hour sessions at the IVGID pool and one half-day trip to a local river.

Class Requirements

Students should show up at TCES Lobby 5 minutes prior to the class starting time of 1 p.m., in a bathing suit, and ready to help get the boats loaded into the trailer.

Grading Policy

Students with a good attitude who attend 15 hours of scheduled class time and participate in both trying to roll and helping others 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

April 1st	Class introduction and watch kayak roll DVD.
April 8th	Roll practice at Rec. Center Pool
April 15th	Roll practice at Rec. Center Pool
April 22nd	Roll practice at Rec. Center Pool
April 29th	Roll practice at Rec. Center Pool
May 6th	Kayak trip on Truckee River from 1 pm - 7 pm