

# Bemidji State University

## PHED 1120: Introduction to Sea Kayaking

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

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.

**B. COURSE EFFECTIVE DATES:** 03/20/2002 - 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. asses 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.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted