

# Bemidji State University

## PHED 1180: Canoeing

### 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 fundamental skills of canoeing. Emphasis is on safety and on tandem and solo paddling techniques. Prerequisite: swimming test or consent of instructor. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 09/01/2002 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Paddling concepts
2. Rescue skills
3. Safety and general knowledge
4. general care and maintenance of canoes

### D. LEARNING OUTCOMES (General)

1. understand the canoe and paddles physics along with body and paddling positions and stroke concepts.
2. learn about hypothermia, hyperthermia, rescue priorities and rescue sequences.
3. learn about personal preparation and how to use the basic equipment (canoes, paddles, life vest, map reading and first aid).
4. understand flat water and moving water dynamics.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted