

Advance Whitewater Kayaking PE Syllabus

Instructors: Greg Lang:

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Course Objective: This class is for the farther development of the paddling skills that you already have.

Course #PHED 1720

Credit Hours: 2

Date: 01/01/07

Prerequisites: Must have taken the Beginning Whitewater Kayaking class or can demonstrate to the instructor you have the needed skills for the class.

Text: Kayak, William Nealy available at Southern Trails

Introduction: Kayaking is unlike any course you have ever taken at Auburn. Kayaking is a unique sport that requires you to learn specific physical skills, judgment, and intellectual skills. Unlike other PE courses, like Swimming or Running, in this class much of what you will learn are new physical skills. Your grade is not based on how many miles you ran this quarter or how fast, but if you learned the basic skills of Whitewater kayaking, along with the information about kayaking. The kayaking class will take place in two formats: 1) class room work and lectures. 2) River Sessions. Class Sessions will meet in our classroom during the regular schedule class period. River sessions will take on the Coosa River near Wetumpka Alabama. We will meet for about 15 hours in the class sessions and 25 hours on river sessions. There will be a written final on the last schedule class day.

Course Structure:

Classroom: Classroom hours will be devoted to scheduling, paperwork, logistics and lectures.

River Sessions: Three river (see schedule below) to teach the skills involved in Whitewater kayaking.

Below is a general overview of each day. River sessions are focused around a certain skill areas. The Coosa River will be our classroom.

Friday: Will be on the Coosa River in Wetumpka. This day will be used to get everyone back in a boat and to see where everyone is at skill wise. We will also check out your swimming skills. Bring warm clothes. We will work on rescue techniques: rope throwing, placement and so on.

Saturday: This maybe on another river. The decision will be made at a later date. This may require some traveling. We will work on the betterment of your paddling skills.

Sunday: same as the day before.

Groups: The class will be in one group. Then the group will be further divided into smaller groups of 4 to 6 each with an ACA certified kayaking instructor. You will be given the opportunity to indicate your preferences for which group you would like to be in. Every effort will be made to make sure you are grouped in the group of your highest preference and with your friends. Because of time constraints, instructor and equipment restrictions, we cannot guarantee that you will get your first choice of groups. Switching from one group to another is not allowed.

Class Locations:

Classroom:

Class Time

River Session: Coosa River, Wetumpka Al (See Map)

River Session Times: Fri: 3:30 -6:30 pm

Sat: both 8:30 A.M. - 4:00 P.M.

Sunday: 8:30 A.M. - 4:00 P.M.

Evaluation for Course Grade:	Attendance:	100 point
	Skills Test	100 points
	Written Test	100 points
	Total	300 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	Below 60%

Examination: You will be given a written exam on the scheduled day of this class of the quarter. The final is short answer and will be formed from information learned both in lectures and in river sessions.

Skills Test: your primary instructor on the river as to your skills in kayaking will give you a rating from 1 to 5. See the skills assessment sheet for the list of skills on the skills test.

Attendance: If you don't show up we cannot teach you how to kayak! If you are more than 15 minutes late for the river sessions you are considered absent.

Lab Fee: You will need a check payable to Southern Outdoor Center, L.L.C (SOC for short): \$220.00. All those who have not paid their lab fee by the deadline date will automatically be dropped from the course unless prior arrangements have been made with Greg Lang. You will not be aloud on the river session if you have not paid.

Class Policies:

Attendance: Kayaking skills are developed in a progression. Each river session is designed to teach you new skills based on previously learned skills. Therefore we require that you attend all river sessions. If you miss the first one you will not be able to attend the second or third session. If you miss the second one you will not be allowed to participate in the third session. However, we do make exceptions for excuses outlined in the tiger cub. No exceptions will be made for this policy. In the event that you miss a session you will need to make that session up at the convenience of the instructor. Excuses for missing other classes during the Friday afternoon river session are given if needed.

Tardiness: Do not be late!! PLEASE BE EARLY and ready to Kayak at the scheduled class time. Make sure you factor in drive time and making at least one stop on your drive over. I typically assume 1 hour and 15 minutes to make it to the "Dirt Farm" from Auburn, there are some slow drivers in Macon and Elmore Counties.

Safety: Kayaking is a risk sport which may include mental or physical injury, and even death. You will be expected to follow the instructions of your instructor, and to learn and practice the proper safety and river etiquette, if you do not you will be asked to drop the course. This class is an official function of Auburn University SO NO ALCOHOL IS ALLOWED DURING OUR CLASS PERIODS.

Attitude: Bring your smiles and be prepared for a FUN, SAFE TIME.

Class Cancellation: Kayaking is an outdoor activity in which certain weather and water conditions may cause the cancellation of the days activities. Excessively lighting, thunderstorms cold weather, and high water among others are common reasons for class cancellations. Weather patterns and water releases change unexpectedly and your class may be canceled midway through the day. Your group will be rescheduled accordingly

The Dirt Farm: The Dirt Farm is a privately owned property. The owner of Southern Trails, Lonnie Carden, has allowed us to use it. This use is a privilege! If you don't follow the following rules, the owner may ask you never to come back to his wonderful place. Please show your RESPECT by following these simple rules:

- 1) Drive slowly and follow the one way signs, I have seen our students get chewed out for driving too fast, there are people and children that frequent this place. And you may be asked not to come back if
- 2) Pick up your Garbage and take it away with you
- 3) If you smoke don't put your butts on the ground
- 4) Thank the Owner
- 5) Be Quiet if you decide to stay up late, don't entertain everyone at the Dirt Farm!

Equipment: You will need to bring to the river the following clothing etc.

If you are using your own kayak and gear you will need to transport it to the river.

Swimsuit

River shoes (beach shoe, available at Wal-Mart for \$5.00. Texas type sandals are not acceptable they may get stuck in kayak.)

Sun Screen 30spf or higher, waterproof and sweat proof

Polypropylene, capilene thermal underwear top (very important for spring /fall classes, don't bring cotton long undies they will make you cold)

Lunch that can be packed into a kayak (chips and things that get smashed are not good)

Lots of water, probably two quarts in a water bottle

Nose Plugs (pb's plugs from southern trails)

Hat that fits under a kayak helmet (optional)

Dry change of cloths and towel

Camping: The best way to take this course is to camp out in Wetumpka. You have two choices the Dirt Farm and Fort Toulouse. If you need camping equipment you can get some at the Student Union, or rent from Southern Trails.

The Dirt Farm: This is where the class starts and ends. Camping here is free. There are only primitive facilities, a Port-a-let and no showers. Please drive SLOWLY while at the Dirt Farm! You can cook over fire, grill out, or you can check out some of the local eateries within five minutes of the campground.

Fort Toulouse: About 10 minute drive from the Dirt Farm, Fort Toulouse is an historical site where the French placed a Fort for trading in the 1500's. It is situated on a high bluff above the confluence of the Tallapoosa and Coosa Rivers. It features a nice grass campsites, hot showers and modern facilities and costs about 8.00 dollars / tent site (max 2 tents). I would suggest making reservations. (Ph 1-334-567-3002).

Accommodation

Student who need accommodations are ask to arrange a meeting during office hours the first week of class, or as soon as possible if accommodations are need immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096(v\tt)

Honesty Code: The University Academic Honesty Code and the Tiger Club Rules and Regulations pertaining to cheating will apply to this class.

