

HES 262
Whitewater Canoeing Syllabus, Fall 2015

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Office hours: T-1:30-2:30 W-3:40-4:40, H- 1:30-2:30 and by appointment.
Credit hours: One
Course prerequisites: PE 255, Intermediate swimming ability required.
Field trip date: 10/2Friday - Sunday 10/4/2015. 7:30 AM departure- Sun evening return

Required Text: Course packet: **HES 262 Whitewater Canoeing (2007)**. The course pack is available at the NCSU bookstore (approximately \$10) or available for free download.

Course Description:

This class is designed for students with little or no whitewater canoeing experience to develop intermediate canoeing skills, help them become proficient paddlers and have fun. Topics will include whitewater safety, equipment use and care, paddle whitewater canoe strokes and techniques, basic rescue techniques, canoe navigation, basic hydrology, and trip planning.

Health Information Statement:

Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies support the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Physical Education course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the physical education/healthy living category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes

By the end of this course, students will be able to:

1. Demonstrate the fitness requirements associated with the sport of whitewater canoeing including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Demonstrate whitewater canoeing paddling skills and river safety skills associated with whitewater canoeing to develop, maintain, and sustain an active and healthy lifestyle.
3. Perform whitewater canoeing skills associated with safe navigation of a Class III whitewater river.
4. Identify and explain whitewater canoeing terminology.
5. Explain the use and care of whitewater canoeing equipment and the importance of appropriate clothing.

6. Identify the minimal impact skills associated with travel in river environments.
7. Identify the hazards and risks associated with the sport of whitewater canoeing.

Grading:

- **Written Final Exam- 50%**
Students will be expected to demonstrate their knowledge of the material from the course pack and lectures covered in class by completing a written final exam.
- **Physical Skills Exam- 50%**
Students will be evaluated on their performance advanced canoe strokes, river maneuvers and canoe navigation.

Late Assignments- Five points will be deducted from the assignment’s final grade for first day the assignment is late. An additional two points per day will be deducted off the assignment’s final grade for every day thereafter.

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php for more information.

- Each student is permitted **ONE unexcused** absence.
- Each unexcused absence after the first will result in a **10 point grade deduction** off of the final grade.
- Excused absences must be justified with official documentation. **Documentation must be presented the day you return to class!** Otherwise, the absence will stand as unexcused.
- **Four (4)** or more total absences will result in a grade of “F” or “U” for the course.
- Anyone texting or using a cell phone during class time will be asked to leave class and will be marked **absent**.
- Students entering class after the roll is taken will be considered late to class. **Two “lates” will equal one absence.**

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Grading Scale

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

For Outdoor Leadership Minor students: You must take the class for a letter grade and must receive a "C-" or better if you are enrolled in the Outdoor Leadership Minor.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for

deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Requirements for Auditors: Audit students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade. http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php

Incomplete Grades: http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

General Information Form, Liability Waiver, and Medical Form: These forms are in your course packet and on the course website. They must be completed and turned into the instructor by the **third** class meeting. Students must have health insurance to take this class. **Students will not be able to participate unless all forms are completed and turned in.**

Equipment: All equipment required to participate in class activity and the field trip will be provided by the Department of Health and Exercise Studies. Students wishing to use personal equipment may do so with instructor permission.

Dress: Students are expected to participate in vigorous activity and should dress accordingly. The course takes place outdoors so dress for the weather. Swimsuits are required for pool use. Students must provide their own protective footwear and insulating layers while on the river.

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php

2. **Students with Disabilities:**

Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services for Students at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.1) (http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.28.php)

3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://www.ncsu.edu/policies/campus_environ or http://www.ncsu.edu/equal_op. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. When we leave campus for class, we have the opportunity to use university vehicles for transportation. The university will provide transportation to and from field trip locations via 15- passenger van.
7. When we are away from campus, it is a university related function and should be treated as such. Alcohol, tobacco, and drug use are **prohibited** for the duration of this course. Participants who violate these rules are subject to **removal from the course, receive a failing grade, and will have to fulfill the course requirements the following year**. Transportation back to NCSU will be at the participant's expense.
8. All HES clothing (shorts, t-shirts, and towels) is to be returned by the last day of exams. Students will be charged for clothing not returned. All personal items left in the locker will be disposed of.
9. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
10. If you use prescription drugs of **any kind** please indicate on your medical form and let the instructor know.
11. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
12. Cell phones and MP3 players are prohibited in class.
13. Please do not bring food or beverages into Carmichael complex, closed water bottles are acceptable.
14. Students must pay a course fee of **\$203** which will cover the cost of equipment, food, access fee, accommodations, transportation and field trip support staffing by the **third** class meeting. All payments (check or money order, NO CASH) should be made to NCSU: Course and section# in memo bar, and student ID# at 2000 Carmichael Gymnasium from 8-12 am and from 1-5pm Monday - Thursday.
15. Students enrolled for a letter grade or pass/fail are required to participate in a mandatory field trip. The field trip dates **10/2-4**. (Weather permitting).

Class Schedule

HES 262 Whitewater Canoeing Course Outline

- Week 1 ____ (Classroom) Course outline, Requirements, Safety and Syllabus.
- Week 2 ____ (Pool) Swim test, Canoe reentries, Rescues (pages 27-38).
- Week 3 ____ (Pool) Rolling.
- Week 4 ____ (Classroom) River hydrology, River hazards subjective/objective, Trip planning (pages 33-35 & 40-43).
- Week 5 ____ (Pond) Review basic propulsion strokes, Turning strokes, Braces (pages 22-25).
- Week 6 ____ (Pond) Duffeck Strokes, Combination strokes, U-turns. (page 26).
- Week 7 ____ (Classroom) Equipment checkout, Environmental impacts, LNT (pages 2-5, 17-19 & 38-39).
- Week 8-9 ____ (Fieldtrip) River safety talk, Hypothermia, Rapid swim, Eddy turns, Paddle signals, Canoe navigation, Campsite selection, Stove safety, 3 bucket wash (pages 7, 20-21 & 31).
- Week 10-11 ____ (Fieldtrip) Ferries, Throw rope skills, Shore based rescues, Moving water rescues (pages 29-30).
- Week 12-13 ____ (Fieldtrip) River classification system, Knots, Anchors, Haul systems, Skill testing (pages 26-37, 32 & 44).
- Week 14-15 ____ (Classroom/Store House) Written Final Exam and Equipment de-issue.

The class meetings last 110 minutes each. The class meetings and the required field trip(s) combined will meet the required thirty contact hours for a one-credit physical education course.