North Carolina State University  
Department of Health and Exercise Studies  
HESO 278 Fly-fishing  
1 Credit  
Fall 2015

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Course Website: www.courses.ncsu.edu/pe278  

Prerequisite: Basic swimming ability required.


Course Description: Instruction and experience in basic fly-fishing skills. Emphasis on fly-casting techniques, knot tying, stream and pond fish habitat evaluation, tackle selection, minimal impact travel, safety, fitness, equipment selection 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 supports 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).

- Students must pay a $31 which will cover the cost for equipment rental, travel and access charges. All money is paid to NCSU and is taken by a department receptionist, in room 2000 Carmichael Gym. All transportation for this course is provided by the Department of Health and Exercise Studies. Payment due upon third week of class.
- Class Outing- Students will be able to participate in a one day optional field trip. The date for this outing will be 11/8. NC fishing license is not required.

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

1. Acquire the fitness requirements associated with the sport of fly-fishing including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Execute basic fly-fishing skills in both stream and pond environment to develop, maintain, and sustain an active and healthy lifestyle.
3. Perform basic fishing and water safety procedures associated with fly-fishing.
4. Identify fish habitats and tackle selection skills and weather forecasting associated with traveling safely in both stream and pond environments.
5. Identify and explain fly-fishing terminology.
6. Explain the use and care of fly-fishing equipment and the importance of appropriate clothing.
7. Identify the hazards and risks associated with the sport of fly-fishing.
8. Demonstrate and identify the minimal impact travel/fishing skills associated with travel in both stream and pond environments.
9. Plan and organize a safe, environmentally sound fly-fishing trip.
10. Safely handle fish species for catch and release fishing.
Grading:
- **Written Final Exam- 50%**
  Students will be expected to demonstrate their knowledge of the material covered in course.
- **Practical Skills Exam- 50%**
  Students will be evaluated on the following skills: performance of various types of fly casts covered in this course.

Attendance:
- Each student is permitted ONE unexcused absence.
- A second unexcused absence will result in ONE letter grade deduction (-9 Points) off of the final grade.
- More than three absences will result in a failing grade.
- Students entering class more than 15 minutes after the start of class will be counted absent.
- Students are required to participate in the field trip experience.

See [http://policies.ncsu.edu/regulation/reg-02-20-03](http://policies.ncsu.edu/regulation/reg-02-20-03), [http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php) for more information.

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

1. Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A+</td>
<td>97-100%</td>
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<tr>
<td>B+</td>
<td>87-89%</td>
</tr>
<tr>
<td>C+</td>
<td>77-79%</td>
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<tr>
<td>D+</td>
<td>67-69%</td>
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<tr>
<td>F</td>
<td>0-59%</td>
</tr>
<tr>
<td>A</td>
<td>93-96%</td>
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<tr>
<td>B</td>
<td>83-86%</td>
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<tr>
<td>C</td>
<td>73-76%</td>
</tr>
<tr>
<td>D</td>
<td>63-66%</td>
</tr>
<tr>
<td>A-</td>
<td>90-92%</td>
</tr>
<tr>
<td>B-</td>
<td>80-82%</td>
</tr>
<tr>
<td>C-</td>
<td>70-72%</td>
</tr>
<tr>
<td>D-</td>
<td>60-62%</td>
</tr>
</tbody>
</table>

2. Credit only students must fulfill all class requirements and establish an overall grade of 70% or better. [http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php).

3. 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://policies.ncsu.edu/regulation/reg-02-20-04](http://policies.ncsu.edu/regulation/reg-02-20-04).

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.

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

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://policies.ncsu.edu/policy/pol-11-35-01](http://policies.ncsu.edu/policy/pol-11-35-01).
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 Office at 1900 Student Health Campus Box 7509, 515-7653. See http://www.ncsu.edu/dso/
   For more information on NC State’s policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (http://policies.ncsu.edu/regulation/reg-02-20-01).
3. It is the policy of the State of North Carolina to provide equality of opportunity in education for all students. For more details refer to http://policies.ncsu.edu/policy/pol-04-25-05 or http://www.ncsu.edu/equal_op/.
4. Due to the nature of the activities in this class, it may be necessary for the instructor to touch the student to assist in 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 on the field experience, it is a university related function and should be treated as such. This requires refraining from using illegal drugs, tobacco products, or alcoholic beverages. If you use prescription drugs of any kind please indicate on your medical form and let the instructor know.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. PLEASE TURN OFF CELL PHONES DURING CLASS.

Course Evaluation

Evaluation website: https://classeval.ncsu.edu
Course Schedule

Week 1  Classroom
A. Introductions, Course requirements, Syllabus

Week 2  Classroom & Pool
A. Reading Chapter 1 pages 1-21
B. Rods, reels, line, leaders, grips, Grips
C. Swim test

Week 3  Classroom & Millers Field
A. Reading Chapter 1 pages 21-24 & Chapter 3 pages 71-73
B. Types of flies, Basics of the Roll cast

Week 4  Classroom & Millers Field
A. Reading Chapter 1 pages 21-24 & Chapter 3 pages 54-69
B. Terminal knots, Basics of the over head cast

Week 5  Classroom & Millers Field
A. Reading Chapter 2 pages 38-40 & Chapter 3 pages 70-71
B. Overhead loop control, False casting, Shooting line

Week 6  Classroom & Millers Field
A. Reading Chapter 3 pages 72-78 Chapter 3 pages 78-85 Chapter 4 page 107 & Chapter 5 pages 110-115
B. Double haul
C. Pond environment, Hazard evaluations, Fishing Impacts
D. Single water haul, Follow-through & presentation

Week 7  Pond
A. Canoe safety
B. Basic canoe strokes
C. Trailer loading

Week 8  Classroom & Pond
Reading Chapter 6 pages 120-124
A. Pond environment II, Fish species, Tackle selection
B. Casting refinements

Week 9  Classroom & pond
A. Reading Chapter 4 pages 87-104
B. Stream environment, Basic hydrology, Hazard evaluations, Impacts

Week 10  Classroom & Pond
A. Reading Chapter 6 pages 116-120
B. Stream II
C. Wind and casting problems

Week 11  Classroom & Pond
A. Reading Chapter 9 pages 158-169
B. Wading safety

Week 12  Classroom & Millers Field Skills testing
A. Skill Testing: knot tying, casting and tackle selection
B. S.K.I.S.H –target casting
Week 13  Classroom  
A. Written Exam  
B. Trip Plan due  

Week 14  Optional Field Trip  
A. Catch and release  
B. Fish handling  
C. Tackle selection