Instructor:        Terry Dash  
Office:            2009 A Carmichael Gym  
Office phone:        513-1563  
Email:            tsdash@ncsu.edu  
Office hours:        Tu-Th- 12:25-1:25, and by appointment  
Credit hours:        One  
Course prerequisites:    Intermediate swimming ability  
Trip dates:        October 23-25, 2015  

Required Text: Course packet: HESO-284 Sea Kayaking, (2014). The course pack is available at the NC State University bookstore (~$10) or available for free download.  

Course Description: Instruction and experience in basic sea kayaking skills. Emphasis on paddling techniques, open water travel, navigation, minimal impact camping, safety, fitness, equipment selection and trip planning. Plan and participate in one required field trip.  
• Students must pay a $100 charge, which will cover the cost for equipment, food, camping, travel and access charges by the third week of class. All money (check or money order, NO CASH) is paid to NC State University and is taken to the HES department receptionist, in room 2000 Carmichael Gym between 8-5pm Monday through Friday. Write HESO 284 in the ‘memo’ section of the check.  

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 Health and Exercise Studies 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 Health and Exercise Studies 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. Understand and acquire the fitness requirements associated with the sport of sea kayaking including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Execute basic sea kayaking skills associated with paddling in a marine environment to develop, maintain, and sustain an active and healthy lifestyle.
3. Perform basic water safety and rescue procedures associated with sea kayaking.
4. Demonstrate and identify the navigational skills and weather forecasting associated with traveling safely in a marine environment.
5. Identify and explain sea kayaking terminology.
6. Explain the use and care of sea kayaking equipment and the importance of appropriate clothing.
7. Identify the hazards and risks associated with the sport of sea kayaking.
8. Demonstrate and identify the minimal impact camping skills associated with travel in the marine environment.

Grading:
• **Written Final Exam- 50%**- Students will be expected to demonstrate their knowledge of the material in the course pack covered in class by completing a written final exam which will be taken on Moodle.
• **Physical Skills Exam- 50%**- Students will be expected to demonstrate their knowledge of skills taught in class by completing a physical skills checklist. The checklist will consist of ten common sea kayaking practices that will be introduced during the course. Students will be required to complete all 10 skills before the final field trip day and may elect to check off a skill as soon as it is presented to the class.

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. Assignments will not be accepted one week past the due date.

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://policies.ncsu.edu/regulation/reg-02-20-03](http://policies.ncsu.edu/regulation/reg-02-20-03) 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.

• **Three (3)** or more total absences (excused or unexcused) will result in a grade of “F” or “U” for the course.

• Students entering class after the roll is taken will be considered late to class. **Two “lates” will equal one absence.**

• Anyone texting or using a cell phone during class time will be asked to leave class and will be marked **absent.**

• Students are required to participate in the field trip experience regardless of other commitments, jobs, and course loads. If you do not have time to do so, please consider taking the course at another time.

### Grading Scale

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

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>97 - 100</td>
<td>A+</td>
</tr>
<tr>
<td>93 – 96.99</td>
<td>A</td>
</tr>
<tr>
<td>90 – 92.99</td>
<td>A-</td>
</tr>
<tr>
<td>87 – 89.99</td>
<td>B+</td>
</tr>
<tr>
<td>83 – 86.99</td>
<td>B</td>
</tr>
<tr>
<td>80 – 82.99</td>
<td>B-</td>
</tr>
<tr>
<td>77 – 79.99</td>
<td>C+</td>
</tr>
<tr>
<td>73 – 76.99</td>
<td>C</td>
</tr>
<tr>
<td>70 – 72.99</td>
<td>C-</td>
</tr>
<tr>
<td>67 – 69.99</td>
<td>D+</td>
</tr>
<tr>
<td>63 – 66.99</td>
<td>D</td>
</tr>
<tr>
<td>60 – 62.99</td>
<td>D-</td>
</tr>
<tr>
<td>0 – 59.99</td>
<td>F</td>
</tr>
</tbody>
</table>

**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](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php)

**Note:** The student is responsible for requesting credit only grading on MyPack Portal by the University dead line.

**Requirements for Auditors:** Audit students must attend all classes except written exams and will be allowed five absences before NR will be recorded as a final grade. For more details refer to: [http://policies.ncsu.edu/regulation/reg-02-20-04](http://policies.ncsu.edu/regulation/reg-02-20-04)

**Incomplete Grades:** [http://policies.ncsu.edu/regulation/reg-02-50-03](http://policies.ncsu.edu/regulation/reg-02-50-03)

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/](https://classeval.ncsu.edu/)
   Student help desk:  classeval@ncsu.edu
   More information about ClassEval:  [http://www.ncsu.edu/UPA/classeval/](http://www.ncsu.edu/UPA/classeval/)

**General Information Form 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 second class meeting. Students will not be able to go on the field experience unless all forms are completed and turned in. **You must have medical/health coverage to participate in this course.**

**Equipment**: NCSU will have the following gear available for student use: tent, sleeping bag w/ stuff sac, sleeping pad, dry bags, paddles, PFD’s, and canoes. The student is responsible for any equipment checked out in his/her name. **Students will be responsible for personal clothing.** Students will be able to use personal gear as long as it gets approved by instructor prior to the field trip.

**Dress**: Students are expected to attend class in appropriate attire. When we are outside, dress for the weather. There is always a possibility of getting wet, so plan accordingly. Plan on being active and possibly getting dirty. If the weather is cold, bring an extra pair of clothes and a towel to leave in the van.

**Meeting Area**: We will meet weeks two and three in the pool area (so wear swim suits). The remainder of classes will meet outside the garage bay of the Carmichael Rec Center. We will then drive to the pond in a department van. The van will leave school 5 minutes after the start of class! There are limited parking spaces, so please don't drive.

- **We will meet at the lake unless there are storms or heavy rains. If the weather looks questionable, I’ll make a decision 30 minutes before class start on where to meet. On rainy days we will meet in the scheduled classroom.**

**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:


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 http://policies.ncsu.edu/regulation/reg-02-20-01

3. **Non-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, creed, sex, 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 race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation also is 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://policies.ncsu.edu/policy/pol-04-25-05 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 919-515-3148.

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 on the field experience, 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 discuss actions with the NC State University Office of Student Conduct.** Transportation back to NC State University may 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. If you use prescription drugs of **any kind** please indicate on your medical form and let the instructor know.

10. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.

11. Cell phones and MP3 players are prohibited in class.
<table>
<thead>
<tr>
<th>Class Number</th>
<th>Date(s)</th>
<th>Meeting Location</th>
<th>Description</th>
<th>Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>Room 1608</td>
<td>Syllabus, safety and introductions</td>
<td>Pages 1-4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Labor Day (no class)</strong></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td>Pool (50M Lanes 7-12)</td>
<td><strong>Forms due</strong>, swim test (3 laps), tread test (5 min), PFD use, parts of the kayak, wet exits and reentries</td>
<td>Pages 5-9</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>Pool (50M Lanes 7-12)</td>
<td><strong>Money due</strong>, self and assisted rescues (t-rescues and paddlefloats)</td>
<td>Pages 9-10</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td>Pond</td>
<td>Boat fitting, paddle fitting, paddle signals, forward and reverse strokes, forward and reverse sweeps</td>
<td>Pages 21-23, 27-33</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td>Pond</td>
<td>Draws, sculling draws, skegs versus rudders, boat designs, materials, practice and refining strokes</td>
<td>Pages 21-23, 27-31</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>Pond</td>
<td>Stroke refinement and practice</td>
<td>Pages 27-31</td>
</tr>
</tbody>
</table>
| 7            |              | Room 1608        | Gear issue, expedition behavior, LNT, layering system, hypothermia, and hyperthermia  
*You must attend this class to go on the trip*                                         | Pages 13-15, 24-26 |
|              |              | Field trip       | VHF, chart and compass, tides, crossings, campsite selection, waste disposal, boat packing, stroke refinement, seamanship triangle, Beaufort scale and **physical skills test** | Pages 11-12, 16-20, 34-45 |
| 8            |              | Pond             | De-issue/gear clean-up and review                                                                                                            |                   |
| 9            |              | Room 1608        | Written Final exam (on Moodle)/Final paddle                                                                                                 |                   |

**Note:** All classes that are scheduled to go to the pond but are not able to meet outside due to the weather will meet in the classroom.