

HESO 255 – Section 082
Basic Canoeing Syllabus, Fall 2015
Wednesdays: 9:10 pm – 11:00 am

Instructor: Scott Schneider
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Office hours: W-1:30-3:00, TH 11:30-1:30 and by appointment
Credit hours: One
Course prerequisites: Basic swimming ability required
Trip date: **Day – October 25th (Approximately 9am-5pm)**

Required Text: Course packet: [HESO-255 Basic Canoeing](#), (2010). The course pack is available at the NCSU bookstore (~\$10) or available for free download at the course website.

Optional text: Rounds, J. (Ed.). (2003). Basic Canoeing: All the skills and tools you need to get started. Mechanicsburg, PA: Stackpole Books. \$16.95.

Course Description: Instruction and experience in flatwater canoe skills; emphasizing paddling skills, safety, flat and moving water travel techniques and proper equipment selection. Plan and participate in one required day fieldtrip. Additional charge assessed for the fieldtrip.

- **Day trip:** Students must pay a **\$32 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 NCSU and is taken by the receptionist, in room 2000 Carmichael Gym between 8-12pm and 1-5pm Monday through Thursday. Write HESO 255 and the section number (082) 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 Physical Education

Each course in the physical education 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 canoeing including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. Execute basic canoeing skills associated with paddling in an aquatic environment to develop, maintain, and sustain an active and healthy lifestyle.
3. Perform basic water safety and rescue procedures associated with canoeing.
4. Demonstrate effective strokes while seated in the bow or stern of the canoe.
5. Identify and explain canoeing terminology.
6. Explain the use and care of canoeing equipment and the importance of appropriate clothing.
7. Identify the hazards and risks associated with the sport of canoeing.
8. Demonstrate and identify the minimal impact camping skills associated with travel in an aquatic environment.

Grading:

- **Written Final Exam- 50%**
Students will be expected to demonstrate their knowledge of the material covered in class.
- **Physical Skills Exam- 50%**
Students will be expected to demonstrate their knowledge of physical skills by completing an obstacle course that will require use of all paddling strokes learned in 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.

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 (excused or unexcused) will result in a grade of "F" or "U" for the course and the student will not be allowed to attend the field trip.
- 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.

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

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 four absences before NR will be recorded as a final grade. <http://policies.ncsu.edu/regulation/reg-02-20-04>

Incomplete Grades: <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: <http://www.ncsu.edu/UPA/classeval/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <http://upa.ncsu.edu/>

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 trip experience unless all forms are completed and turned in. **You must have medical/heath 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 as well.

Meeting Area: We will meet weeks two and three in the pool area (so wear swim suits). The remainder of classes will meet outside by the garage bay of the Carmichael Recreation building. We will then drive to the pond in a NCSU van. The van will leave school right at 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: <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 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. 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.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Cell phones and MP3 players are prohibited in class.
9. HESO 255 Flatwater Canoeing may expose you to many risks. Some of the risks which may be present or occur include but are not limited to:
 - the hazards of traveling in a canoe in rough water conditions;
 - water hazards including boulders, trees, and other obstacles, waterfalls, reversals, holes, and other water formations;
 - swimming and floating in unfamiliar and turbulent water;

- using paddles, ropes, and other canoe equipment;
- man-made objects in the river or water including but not limited to other watercraft, ropes, bridge pilings, and metal junk;
- carrying canoes and other canoeing equipment;
- walking or running on rugged terrain, including soft, muddy, slick, rocky, or vegetated;
- injuries inflicted by animals, insects, reptiles, and plants;
- the forces of nature included but not limited to lightning, wind, waves, weather changes, hyperthermia, hypothermia, and sunburn;
- the physical exertion associated with the outdoor activity;
- traveling in vehicles driven by others.

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Class Schedule

Class #	Date	Where	Class	Readings
1	8/19	Room 1608	Syllabus, safety and introductions	Pages 2-5
2	8/26	Pool (50 M Lanes 6-12)	Forms due , swim test (2 laps), tread test (2 min.), PFD test, parts of boat, wet/dry re-entry, switching, Capistrano Flip	Pages 6- 11
3	9/2	Pool (50 M Lanes 6-12)	Money due , boat-over-boat rescues, bracing, Fontaine Flop,	Pages 12, 21, 24
4	9/9	Pond	Parts of stroke, paddle position, points of contact, forward/reverse, and draws/prys	Pages 21- 24
5	9/16	Pond	Review Parts of stroke, POC draws/prys/forward and goon/rudder	Pages, 21- 24
6	9/23	Pond	Forward/Reverse Sweeps	
7	9/30	Pond	Duffek & Cross Duffek	
8	10/7	Pond	Practice Strokes and review	
9	10/14	Pond	Practical practice or rain day with hull designs/materials	Pages 13- 15
10	10/21	Room 1608	Gear issue and pre-trip *You must attend this class to go on the trip* LNT, layering system, hypothermia, and hyperthermia, trip planning	Pages 16- 20, 25 & 26
11	10/25	Field Trip	Field Trip	
12	10/28	Pond	Written final exam & Physical Skills Exam De-issue gear	

Note: All classes are scheduled to go to the pond (except the first three weeks). If we are unable to meet outside due to the weather we'll meet in the classroom.