

Common Course Outline

PEOD 106

White Water Canoeing

2 Semester Hours:

The Community College of Baltimore County

Description

White Water Canoeing

introduces basic skills in handling small craft; covers care and selection of equipment, safe handling techniques, self-rescue methods and skills used in helping or rescuing others. \$25.00 fee. This course may be used to fulfill 2 elective credits.

Prerequisite: Swimming ability.

Overall Course Objectives

Upon successful completion of this course the student will be able to:

1. apply knowledge concerning equipment, skills, and techniques in canoeing;
2. demonstrate the following canoeing fundamentals: back stroke, crawl stroke, pry stroke, sweep stroke, reverse sweep stroke, bow rudder, and J stroke;
3. demonstrate the skill to keep a canoe on a straight course for 60 yards;
4. demonstrate the ability to safely stop the canoe within a five second time period;
5. demonstrate the ability to execute a 300 degree pivot turn;
6. demonstrate the ability to enter a canoe in deep water;
7. demonstrate the ability to re-enter a swamped canoe and paddle it for a distance of 20 yards;
8. describe briefly the evolution of the canoe;
9. identify canoeing nomenclature;
10. identify the methods of self rescue and the rescue of others;
11. describe the various methods that could be utilized in reading a river;
12. identify the various river classifications.

Major Topics

1. Canoeing history
2. Canoeing terminology
3. Canoeing equipment and safety
4. Method of carrying and launching a canoe
5. Canoe stability
6. Paddle strokes
7. Canoe nomenclature
8. River reading and classifications

Course Requirements

1. A minimum of one written exam
2. Completion of canoeing journal
3. Skill performance assessment

Other Course Information

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.