Course Outline

White Water Kayak Level 1 - ATBO 131
Adventure Tourism Business Operations Program

Administrative Information:
Campus: Golden
Phone: 250.344.5901
Local 123
Revised: August 2007

Author:

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Department Head:

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Dean of Instruction:

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The Implementation Date for this Outline is:
September, 2007

Program: Adventure Tourism Business Operations
10 month Certificate

Days and times:
This course is offered in a 48 hour block of time

Instructors: Dave Wan
Office: 108
Phone: 250-344 5901 Local 128
Email: dwan@cotr.bc.ca

Location: Golden Campus

Required text(s):
Shitting, Ken and Varette, Kevin, The Ultimate Guide to Whitewater Kayaking, Heliconia Press
GENERAL COURSE DESCRIPTION:

This course is designed to develop skills at the novice white water kayaking level. Students are educated in safety issues as well as equipment design and use. Instruction is provided in flat water techniques, progressing onto gentle white water and river running procedures. This course will prepare students to safely progress to grade three white water, and will cover theoretical knowledge and practical application of white water kayaking skills.

RELATIONSHIP TO COLLEGE PROGRAM

This course is an elective course of the Adventure Tourism Business Diploma program. It is typically taken in the first year of ATBO studies.

The Adventure Tourism Business Operations Diploma Program articulates with other tourism diploma and degree programs at BC colleges and universities related to developing tourism education.

Prerequisites: None


Prior Learning Assessment: If you are seeking prior credit for this course, evidence of your learning achievement may include:

• Evidence of completion of a similar course at another educational institution
• Demonstrated evidence of competence, ability and experience in the scheduled activities

Learners may request formal recognition for prior learning, i.e. course credit, at the College of the Rockies. However, students should be aware that a PLA designation will appear on their transcript and the course may not then be acceptable for transfer purposes. Students should check with the receiving institution before deciding to exercise this option.

College credit: 2 Credits

Transfer Credit: The Adventure Tourism Business Operations Diploma Program (ATBO) articulates to Thompson River University’s Adventure Degree Program. Please contact David Wan, (ATBO coordinator) for the details of this and other articulation agreements.
LEARNING OUTCOMES:

Upon the successful completion of this course, you should be able to:

- Understand the differences in boat and paddle design and construction, and be able to select appropriate equipment for a variety of people, and a variety of river trips.
- Speak knowledgeably on clothing, boating accessories and safety equipment and discuss current sport and industry trends.
- Choose an appropriate white water section of a river to suit the level of those on a particular paddling trip.
- Ensure that all the proper and adequate equipment is being used by all members of the group when river running.
- Learn the different paddle strokes for controlling your white water kayak.
- Learn how to read and understand the white water environment, and apply that knowledge to the decisions you make as you kayak on white water.
- Enhance paddling enjoyment through safety skills and knowledge gained from this course.

Students should also develop:

- Confidence and self reliance in the white water environment.
- Conservative decision making when kayaking on white water rivers
- Leadership experience
- Evaluation of hazards in the white water environment
- Basic white water kayaking skills

ESSENTIAL SKILLS DEVELOPED IN THIS COURSE:

Students may develop this skill during my course:

Skills for busy students
- Set educational priorities goals
- Recognize personal learning style
- Develop problem-solving and memory skills
- Practice strategies to reduce stress level and deal with anxiety
- Practice strategies to succeed at exams and tests

Research Skills
- Using the internet to locate information; evaluate information from internet sources

“Getting Hired” Skills
- Recognize personal skills and attributes
COURSE WORK:

Delivery: This is primarily a field-based course. There will be an introductory planning session in the classroom, leading to a field based white water kayaking trip led by WKABC Instructors.

Resources: ATBO will provide all kayaking equipment, transport, permits, etc.

Students are responsible for all personal food and equipment during activity days and field trips.

<table>
<thead>
<tr>
<th>EVALUATION AND ASSESSMENT:</th>
<th>% Of total grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Class attendance and participation</td>
<td>10%</td>
</tr>
<tr>
<td>2. Showing leadership, positive attitude and positive interpersonal guiding skills</td>
<td>10%</td>
</tr>
<tr>
<td>3. Competency based skill development</td>
<td>30%</td>
</tr>
<tr>
<td>4. Written lesson plan</td>
<td>10%</td>
</tr>
<tr>
<td>5. Demonstrated ability to teach to novices</td>
<td>10%</td>
</tr>
<tr>
<td>6. Experiential education log book portfolio</td>
<td>20%</td>
</tr>
<tr>
<td>7. Attention to safety</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
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</tbody>
</table>

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade, at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head or Campus Manager prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of “0” for the exam.

PLAGIARISM POLICY:

Plagiarism – using the oral or written words and ideas of others without proper acknowledgment – is an academic offense. Because plagiarism is a form of academic misconduct, students found guilty face serious consequences. Students who are unsure of what constitutes plagiarism are advised to consult with an instructor or to refer to section 2.4.4 in the College Policy Manual.

Course grades will be assigned as follows:

<table>
<thead>
<tr>
<th>Mark (Percent)</th>
<th>&gt;90</th>
<th>85 - 89</th>
<th>80 - 84</th>
<th>76 - 79</th>
<th>72 - 75</th>
<th>68 - 71</th>
<th>64 - 67</th>
<th>60 - 63</th>
<th>55 - 59</th>
<th>50 - 54</th>
<th>&lt; 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade</td>
<td>A+</td>
<td>A</td>
<td>A-</td>
<td>B+</td>
<td>B</td>
<td>B-</td>
<td>C+</td>
<td>C</td>
<td>C-</td>
<td>D</td>
<td>F</td>
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COURSE CONTENT/COURSE UNITS:

Unit 1: Kayak Equipment
- Dressing for immersion
- White water kayaks
- Paddles
- Spray decks, pfd’s and helmets
- Transporting kayaks

Unit 2: Kayak Strokes
- Forward
- Reverse
- Sweeps strokes for turning
- Rudder strokes
- Draw strokes
- Boat leans
- Duffek turns
- Glide draw turns
- Low braces
- High braces

Unit 3: Kayak Roll
- Wet exits
- Hip flicks
- T-rescues
- Low resistance sweep roll

Unit 4: The White Water Environment
- Moving water
- River features
- Hazards
- White water self rescue
- Assisted rescue

Unit 5: White Water Techniques
- Boat leans
- Ferry glides
- Eddying in
- Eddying out
- S turns
- Eddy hopping
- Surfing waves
- Side surfing
STUDENT SUPPORTS

Student Services offers a wide range of supports to help students meet their educational, career and personal goals. We are committed to helping students succeed.

- Tutorial support through peer tutoring
- Aboriginal Services and Resident Elder support
- Assistance with educational and career planning
- Assistance in resolving issues that may affect students’ academic performance or college adjustment
- Financial aid
- Student employment services
- Disability Services provides information, support, and accommodation in all College programs to students with documented disabilities ranging from attention deficit, learning disabilities, chronic health issues, hearing and visual impairments, physical disabilities, and temporary impairments due to accident, illness, or injury

Contact Student Services by phone at 489-8243 or 1-877-489-2687 Local 8243 or by email at studentservices@cotr.bc.ca

COURSE/PROGRAM COSTS:

The tuition fees and any other fees such as student union fees for this course/program are determined by the fee structure for University Studies, Career Technical, or Vocational programs/course. For details of current tuition fees, please check current College of the Rockies Program Guide and/or our website at www.cotr.bc.ca/registration under Fees and Refunds.

Please note that some programs/courses require students to pay equipment/lab fees; check specific programs for details.

College of The Rockies reserves the right to change fees without notice.

Please visit the College Bookstore at www.cotr.bc.ca/bookstore to view the list of textbooks and other learning materials or tools required for the course.

FOR FURTHER INFORMATION:

ATBO Coordinator: Dave Wan, 250-344-5901 local 128; dawn@cotr.bc.ca
Golden Campus Manager: Karen Cathcart, 250-344-5901 local 123; E-mail cathcart@cotr.bc.ca
Department Head: Bill Crouch, 250-489-2751 local 8330; E-mail crouch@cotr.bc.ca
Dean: Gary Johnson, 250-489-2751, local 8217; E-mail johnson@cotr.bc.ca

COURSE CHANGES:

Information contained in this course outline is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor will endeavor to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses. The timetable may also be revised.