



Canoe Skills 1 – MAST 144

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2003
OUTLINE EFFECTIVE DATE: September 2019
COURSE OUTLINE REVIEW DATE: March 2024

GENERAL COURSE DESCRIPTION:

This course prepares the student to canoe tandem and solo in lake water and class 1-2 river situations. Basic strokes and maneuvers are taught while canoe safety and self-rescue are practiced and demonstrated. Curriculum follows the Recreational Canoe Association of BC Advanced Tandem and Solo sections as well as touching on Basic Moving water skills.

Program Information: This course is a prerequisite for MAST 164 Flatwater Canoe Instructor and is required for completion of the MAST certificate.

Delivery: This course is delivered face-to-face.

COTR Credits: 2

Hours for this course: 40 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	40
Other Contact Hours	
Total	40

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other: Field Experience	40
Total	40

Course Outline Author or Contact:

Brian Bell, Instructor/Coordinator

Signature

APPROVAL SIGNATURES:

Department Head
Erin Aasland Hall
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Dean of Business and University Studies
Darrell Bethune
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Department Head Signature

Dean Signature

EDCO

Valid from: September 2019 – March 2024

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: None

Corequisites: None

Flexible Assessment (FA): All MAST students must participate in this course.

Credit can be awarded for this course through FA Yes No

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Students should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: MASD 118 ⇔⇔ MAST 144
Date changed: March 2009

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Recreational Canoeing Association of British Columbia Instructor Manual 3rd. Ed, 2010.

Please see the instructor's syllabus or check COTR's online text calculator

http://www.cotr.bc.ca/bookstore/cotr_web.asp?IDNumber=164 for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to

- demonstrate knowledge and skills at the Level 3-4 BC Recreational Canoe Association;
 - maneuver the canoe in tandem and solo situations on lake water and class 1-2 river water;
 - demonstrate wide variety of strokes to gain mastery of the canoe; and
 - demonstrate tandem self-rescue skills.
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COURSE TOPICS:

- Review and practice all strokes in the four paddler levels: tandem, solo, bow and stern
 - Canoe repairs, knots and ropes, equipment variation and standards
 - Lake and river water hazards, wind and waves
 - Solo paddling positions, trim, strokes
 - Maneuvering canoe on basic river currents
 - History of canoeing
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See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT:

Assignments	% Of Total Grade
Identify Canoe parts and equipment	20%
Knowledge of Canoe materials, design	10%
Basic Canoe Skills: Maneuvers: Straight line Tandem/Solo/Reverse	30%
Canoe over Canoe Rescue	20%
Identify Safety/Hazard Concerns	10%
Expedition behaviour, teamwork, attitude	<u>10%</u>
Total	100%

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

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 prior to the scheduled exam.

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

COURSE GRADE:

COM	Completed to defined standard – 70%
NCG	No Credit Granted

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines 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 endeavour to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.