



Introduction to Whitewater Kayaking – MAST 167

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2003
OUTLINE EFFECTIVE DATE: September 2014
COURSE OUTLINE REVIEW DATE: March 2019

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 into gentle white water and river running procedures. This course prepares the student to safely progress to grade three white water and covers theoretical knowledge and practical application of white water kayaking skills.

Program Information: This course is an elective running concurrently with MAST 166 Whitewater Raft Guide Training 2.

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

COTR Credits: 2

Hours for this course: 50 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	50
Other Contact Hours	
Total	50

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
White water Kayaking Field Experience	N/A
Total	

Course Outline Author or Contact:

Brian Bell, Instructor/Coordinator

Signature

APPROVAL SIGNATURES:

Department Head

Ildi Walkley

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Dean of Instruction

Darrell Bethune

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Department Head Signature

Dean of Instruction Signature

EDCO

Valid from: September 2014 – March 2019

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: MAST 165 Swiftwater Rescue Technician 3, MAST 145 Whitewater Raft Guide Training 1

Corequisites: None

Flexible Assessment (FA): If you are seeking prior credit for this course, evidence of your learning achievement may include:

Credit can be awarded for this course through FA Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

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: N/A

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:

Suggested Reading:

Whiting, Ken and Varette, Kevin, *The Ultimate Guide to Whitewater Kayaking*, Heliconia Press.

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 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
 - be more confident and self reliant in the white water environment
 - conservative decision making when kayaking on white water rivers
 - demonstrate leadership experience
 - evaluate the hazards in the white water environment
 - basic white water kayaking skills
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COURSE TOPICS:

- Kayak Equipment
- Kayak Strokes
- Kayak Roll
- The White Water Environment
- White Water Techniques

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

ESSENTIAL SKILLS DEVELOPED IN THIS COURSE:

Students can expect to develop the following skills in this course:

Skills for Busy Students

- Set educational priorities and goals
- Recognize personal learning style

Getting Hired Skills

- Recognize personal skills and attributes

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

Assignments	% Of Total Grade
Demonstrated of basic kayak skills	70%
Demonstration of leadership skills, positive attitude	<u>30%</u>
Total	100%

Please see the instructor's 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	Mark of 70% required to successfully complete
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.