**Term Information**

- Effective Term: Summer 2016

**General Information**

- Course Bulletin Listing/Subject Area: Kinesiology:Sprt, Ftns&Hlth Pr
- Fiscal Unit/Academic Org: Department of Human Sciences - D1251
- College/Academic Group: Education & Human Ecology
- Level/Career: Undergraduate
- Course Number/Catalog: 1139.21
- Course Title: Introductory Whitewater Kayaking
- Transcript Abbreviation: WhitewaterKayaking
- Course Description: The purpose of this course is to provide the student with the beginning level skills and knowledge in whitewater kayaking. As a result the student will improve his/her general physical fitness and skill performance. Principles, techniques, safe practices and strategies of whitewater kayaking will be taught throughout the course. This is an introductory course for beginners.
- Semester Credit Hours/Units: Fixed: 1

**Offering Information**

- Length Of Course: 14 Week, 7 Week, 4 Week (May Session), 12 Week (May + Summer)
- Flexibly Scheduled Course: Sometimes
- Does any section of this course have a distance education component?: No
- Grading Basis: Satisfactory/Unsatisfactory
- Repeateable: No
- Course Components: Laboratory
- Grade Roster Component: Laboratory
- Credit Available by Exam: No
- Admission Condition Course: No
- Off Campus: Always
- Campus of Offering: Columbus

**Prerequisites and Exclusions**

- Prerequisites/Corequisites: None
- Exclusions: None

**Cross-Listings**

- Cross-Listings: NA

**Subject/CIP Code**

- Subject/CIP Code: 31.0599
- Subsidy Level: Baccalaureate Course
- Intended Rank: Freshman, Sophomore, Junior, Senior
Requirement/Elective Designation

The course is an elective (for this or other units) or is a service course for other units

Course Details

Course goals or learning objectives/outcomes

* Understand and demonstrate basic river reading techniques; Understand and demonstrate basic paddling techniques; Be able to identify and understand the function of equipment used; Ability to comprehend key river terminology.

5. Unders

Content Topic List


Principles of Leave No Trace

Attachments

* KNSFHP 1139.21 Whitewater Kayaking syllabus.docx

(Syllabus. Owner: Shiebler, Charles L)

Comments

Workflow Information

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The Ohio State University
The Department of Human Sciences
KNSFHP 1139.21 – Whitewater Kayaking (1 credit)

Instructor: Class #:
Phone: Location: TBA

Office Hours: By appointment Meeting Time: (see calendar)
Email Address: adventure@osu.edu Semester:

Course Website: http://carmen.osu.edu

Course Description

This introductory whitewater kayaking course is an experientially-based excursion focusing on the basic skills necessary to safely plan, prepare for, and embark on river kayaking trips. We will work on fundamentals of reading water, paddle techniques, catching eddies, ferrying, surfing, and scouting and running rapids. Additional focus will be placed on identifying river dangers and ways to reduce risk while kayaking. Emphasis will be placed on skill development using an active progression toward more challenging skills. Leave No Trace minimum impact principles, and sound decision-making are all introduced as foundational skills for safe and responsible kayaking in this course. Course participants must know how to swim and can expect class 1-2 rapids.

Course Objectives

By the end of this introduction to whitewater kayaking, the student should be able to:

1. Understand and demonstrate basic river reading techniques.
2. Understand and demonstrate basic paddling techniques.
3. Be able to identify and understand the function of equipment used.
4. Ability to comprehend key river terminology
5. Understand and demonstrate effective risk management as it pertains to whitewater kayaking travel.

*Whitewater is inherently dangerous. This course will not necessarily qualify anyone to lead their own trip or take the place of additional experience and sound judgment.

Text
There is no required text to purchase for this course. All course materials will be made available on Carmen for each enrolled student.

Statement on Diversity
The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited. The Department of Human Sciences (DHS) is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the Department seeks to develop and nurture diversity, believing that it strengthens the
organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The Department prohibits discrimination against any member of the school’s community on the basis of race, religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.

**Media Waiver**
In order to better serve our students across the university, the Sport, Fitness, and Health program will be using social media for program promotion. Students will be asked to complete a Media Waiver form for the purpose of releasing photographs, videos, etc. for use on various media sites. All students must sign the form but have the right to withhold consent based on options provided on the consent form.

**Technology**
The use of Carmen is employed in this course for the dissemination of course materials such as syllabus, handouts and course notes. Additional communication among students and the instructor is available via email.

**Topical Outline (Calendar)**

First class: Mandatory pre-trip meeting: Date TBA (6:00 – 8:00 PM)
Final class: Mandatory trip: Date TBA

*Not attending the trip will mean automatic failure of the course.*

**Departure:**
Students must arrive at the OAC no later than 1 PM (negotiable if necessary) on Date TBA. Anyone not on time for departure will be left behind and will receive an automatic failure of the course.

**Return:**
Arrival time in Columbus will be late evening. The class will not be dismissed until gear has been de-issued and final paperwork completed.

**The PAR-Q and Notice of Risk Forms**

**PAR-Q:**
Because of the potential risk associated with certain activities, all students enrolled in this course are required to complete the Physical Activity Readiness Questionnaire (PAR-Q). The student’s PAR-Q is available on the course’s Carmen site (www.carmen.osu.edu) and must be completed prior to participating in any class activity. Furthermore, if any question on the PAR-Q is answered with a ‘Yes’, students must provide additional documentation from a physician, which gives the student permission to participate in the class. The PAR-Q must be completed prior to participating in any class activity.

**Notice of Risk:**
Due to the potential risk associated with certain activities, all students enrolled in this course are required to complete the Notice of Risk (NoR) form which is on the course Carmen site (www.carmen.osu.edu). The NoR must be completed prior to participating in any class activity. If a student is under the age of 18 the student must complete the NoR and supplement the quiz with the Agreement to Release form completed by a parent/guardian. The Agreement to Release can be found on Carmen as well.

**Evaluation**
This course is graded Satisfactory/Unsatisfactory (S/U). Students will need to earn 80% or better to receive a Satisfactory (S) final grade. Active participation in the course and attendance at the pre-trip meeting are required to pass the course. **Group participation, promptness, and cooperation are essential to the safety, learning, and enjoyment in all group outdoor activities.** Three elements make up the grading for this course:
1. **Participation Points** (35%): Simply being present will not necessarily earn each day’s participation points, the student must be engaged and cooperating with the objectives set by the instructor. Five points can be earned per day, including the pre-trip meeting, totaling 35 points.

2. **Knowledge and Cognitive Evaluation Points** (30%): Students will take two quizzes through Carmen related to this course: one immediately following the pre-trip meeting to evaluate that student’s understanding of logistical and preparatory elements critical for success on the trip (10 points). The second quiz (20 points) will take place immediately following the trip, assessing the student’s awareness of technical skills related to kayaking, principles of Leave No Trace (LNT) Ethics, and risk management. Part of this quiz will be a paragraph reflection on the impact of the course on the student’s world view.

3. **Skill Evaluation Points** (35%): On the final days of the trip, instructors will evaluate students ability to successfully complete the following skills:
   1. Choose the correct/most ideal line through a river feature/rapid. (5 points)
   2. Explain and/or point out how to avoid dangers (foot entrapment; undercut rocks; strainers; hydraulics). (5 points)
   3. Correctly fit and inspect a PFD. (5 points)
   4. Demonstrate basic throw rope technique. (5 points)
   5. Demonstrate proper kayaking skills. (5 points)
   6. Select proper attire for weather and conditions while kayaking. (5 points)
   7. Demonstrate key principles of LNT as it relates to river corridors. (5 points)

**Pre and Post Assessment Surveys**
Students are required to complete two short surveys during the semester to help determine course efficacy. The surveys are distributed through the Quizzes tool on Carmen. The first quiz (Pre-Assessment Survey) should be taken during the second week of the semester. The instructor will assign the Post-Assessment Survey during the last few weeks of the term. Failure to complete the surveys will result in an incomplete grade.

**ODS Statement**
Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; [http://www.ods.ohio-state.edu/](http://www.ods.ohio-state.edu/). Please make sure that students know they will be expected to follow Americans with Disabilities Act Guidelines for access to technology.

**Grievances and Solving Problems**
According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor.” Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant’s department.

**Risk Potential**
As you are considering enrolling in a University Sport, Fitness and Health Program class, the University would like you to be aware that participation in any physical activity involves minor/serious risks to your body. Prior to participation you will be asked to read and sign a statement that you (or parent/guardian if under 18) are aware of these risks and that you consent to medical treatment in the event that you are injured. For certain classes that are potentially dangerous, vigorous, and/or involve risky behavior, you will be asked to sign a statement releasing the University and its’ instructors from liability in the event that you are injured as a result of your participation.
**Academic Misconduct**
The Ohio State University’s Code of Student Conduct (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination, or violating any safety rules. Ignorance of the University’s Code of Student Conduct is never considered an “excuse” for academic misconduct.

If I suspect that a student has committed academic misconduct in this course, I am obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the University’s Code of Student Conduct (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct. [http://studentaffairs.osu.edu/resource_csc.asp](http://studentaffairs.osu.edu/resource_csc.asp)

Students with extenuating circumstances that are in conflict with these set policies are encouraged to contact the instructor during office hours or by appointment.