

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Physical Activity and Sports Program
PRLS 170 201 – Introduction to White Water Kayaking (2)
Spring 2015

Day/Time: F-20 Mar 3-6pm, Sundays 8:30-6:30 **Location:** F-AC112,
Instructor: Stefan Greene **Email:** sgreen13@gmu.edu
Phone number: 571.830.0960

Office Hours: By appointment or before/after class

Course Description:

This course will provide students with an introduction to river kayaking, including, strokes, maneuvers, rescues, and safety concerns related to moving water paddling. The course will prepare students to comfortably and safely paddle on moving and whitewater up to class II on the American WW Scale. This course will include instruction in, but not limited to river safety, boat handling, river features and hazards, self and assisted rescue, kayak design, trip planning, and environmental ethics.

Objectives:

At the completion of this course students should be able to:

1. Recognize river features and hazards
2. Recognize features of a whitewater kayak appropriate for rivers
3. Perform fundamental river kayak strokes and maneuvers
4. Properly use/care of river kayak equipment eg. paddles and spray decks
5. Perform self and assisted rescues on moving water, use throw rope
6. Understand river etiquette and environmental ethics
7. Develop/refine safe and effective paddling technique
8. Demonstrate an understanding of river running strategies
9. Understand physical abilities and limitations
10. Plan a day trip for river kayaking

Course Overview:

Students will learn the necessary skills of kayaking and water safety that would make them candidates for certifications from the American Canoe Association. They will be able to complete the skills assessments and requirements for the level II Essentials of River Kayaking. This course will prepare students for the river by introducing the aquatic strategies used by kayaking schools around the world. The topics presented to students at each meeting will allow students to develop kayaking skills that include the ability to understand the ecology of local rivers and their natural attractions

Nature of Course Delivery: Face-to-Face

Recommended Reading:

Rounds, Jon. Basic Kayaking: All the Skills and Gear You Need to Get Started. Mechanicsburg, PA: Stackpole, 2005. Print.

Additional reference:

American Canoe Association (2004), *Essentials of River Kayaking*, Menasha Ridge Press, Birmingham, AL

Evaluation:

Attendance (30%): Students are required to attend every meeting. If there is an important reason to miss a class meeting please be sure to notify your instructor at least one day in advance for the absence to be considered for approval.

Skills and performance evaluations (50%): Each meeting students will learn course specific information that will help form their ability to safely navigate moving water on the river. By the end of the course students will need to successfully perform 85% of the skills highlighted in the American Canoe Association Essentials of River Kayaking course outline.

Written Exam (20%): The written examination will require students answer multiple choice and short answer questions related to water safety and kayaking skills. The test will include information from each meeting during the semester so remember to attend the meetings.

Grading Scale:

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Physical requirements:

Intermediate to strenuous exertion is necessary to participate in this course. We will be in the water and away from cars for most of the class meetings. Students must be able to communicate with instructors and classmates while performing paddling strokes and maneuvers in whitewater conditions. Some physical strength and flexibility is necessary to complete daily tasks on the river. Students with disabilities or learning differences must inform me after our first meeting and contact the Disabilities Resource Center (DRC) SUB ONE room 234 #703.993.2474 Also, because class meetings are off campus students will need to provide their own transportation. I recommend carpooling so you can save money and reduce the carbon footprint of this course.

Equipment:

George Mason University and the instructor will provide the gear you will need to participate in this class. The class fee of \$180.00 dollars will be used to purchase a wet suit at the beginning of the course. You will need wetsuits because the water is still cold in the spring. We recommend that you purchase a long sleeve synthetic shirt and a pair of shoes or athletic sandals that will help keep you warm if you get wet. We will cover gear when we meet the first day of class.

Class Schedule

Day one: Class Introduction

Location: George Mason University classroom.

- Attendance and Introduction and icebreaker/name game.
- Syllabus and course expectations.
- Boat and gear overview.
- Student gear order, transportation, special accommodations.

Day two: Boats, Gear, and Paddle Strokes

Location: George Mason University Aquatic Center.

- Pool and water safety.
- Water comfort and wet exit from boat.
- Paddle strokes and boat control.
- Edge control, hip snaps, and bow rescues.

Day three: Paddle Strokes and Rescues

Location: George Mason University Aquatic Center.

- Stroke refinement.
- Edging, carving, and boat control.
- Dynamic paddle strokes.
- Assisted and self-rescues.

Day four: River Safety and Maneuvers

Location: Potomac River Lockhouse 6: Chesapeake and Ohio canal, Cabin John, Maryland.

- Introduction to moving water.
- Weather patterns and water safety.
- Maneuvers: ferrying, peel-outs, and attaining.
- Paddling games.

Day five: Scouting Rapids and River Hazards

Location: Violette's Lock: Chesapeake and Ohio Canal, Seneca, Maryland.

- Trip leading, planning, and trip essentials.
- Communication methods.
- River features and scouting from land.
- Scouting from boat.

Day six: Stroke Refinement and Trip Leading Assessment

Location: Violette's Lock: Chesapeake and Ohio Canal, Seneca, Maryland.

- Review strokes and maneuvers.
- Trip leading and teaching assessment for students.
- Ferrying, edging, peel outs, eddy turns, and surfing.
- Emergency rescue situations.

Day seven: Paddling assessment

Location: Potomac River Lockhouse 6: Chesapeake and Ohio canal, Cabin John, Maryland.

- Paddling assessment.
- Teacher's challenges and extra credit opportunities.
- Relay races at slalom gates.

Day eight: Whitewater Class trip

Location: Sandy Beach: Great Falls Park, Potomac, Maryland.

- Mather's Gorge trip.
- Class II-III river trip.
- This scheduled meeting relies heavily on the level of the river.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

