Course Description

Introduces the history of canoeing, paddling techniques, safety, water conditions and trip planning related to canoe operation in a river, lake or ocean environment. Laboratory 2 hours per week.

General Course Purpose

To give the student basic skills and techniques in flat water canoeing and canoe camping.

Course Prerequisites/Co-requisites

Prerequisite: Ability to swim.

Course Objectives

Upon completion of the course students will be able to:

- Know the values of the sport.
- Identify the different types of canoes and their uses.
- Describe and demonstrate the basics of paddling the canoe:
  - Forward strokes
  - Turning
  - Safety and equipment
- Read the river or lake.
- Apply camping techniques and load the canoe.
- Properly transport boats and equipment.

Major Topics to be Included

a. The value of the sport
b. Different types of canoes and the uses
c. Paddling skills
d. Route planning
e. How to read the water
f. Loading the boats
g. Transportation
h. Environmental best practices