Course Description

Introduces kayaking techniques, water classification, conditioning, safety and destination planning. Includes field experience involving kayaking in multiple environments: flat water, ocean and whitewater (may require overnight stay). Laboratory 2 hours per week.

General Course Purpose

To give the student basic skills in kayaking. Students may pursue American Canoeing Association (ACA) certification and may receive credit for certification.

Course Prerequisites/Co-requisites

Ability to swim.

Course Objectives

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

- Understand river classification system
- Apply kayak conditioning and stroke techniques
- Understand need for kayaking safety
- Understand destination planning

Major Topics to be Included

a. National certification for kayak skills
b. Leave No Trace principles during kayaking trips
c. Water conditions (effects of storm and control water release)
d. Environmental best practices