



## Canoe Skills 1 – MAST 144

### Mountain Adventure Skills Training Program

### Course Outline

COURSE IMPLEMENTATION DATE: January 2003  
OUTLINE EFFECTIVE DATE: September 2019  
COURSE OUTLINE REVIEW DATE: March 2024

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#### GENERAL COURSE DESCRIPTION:

This course prepares the student to canoe tandem and solo in lake water and class 1-2 river situations. Basic strokes and maneuvers are taught while canoe safety and self-rescue are practiced and demonstrated. Curriculum follows the Recreational Canoe Association of BC Advanced Tandem and Solo sections as well as touching on Basic Moving water skills.

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**Program Information:** This course is a prerequisite for MAST 164 Flatwater Canoe Instructor and is required for completion of the MAST certificate.

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

**COTR Credits:** 2

**Hours for this course:** 40 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	40
Other Contact Hours	
<b>Total</b>	40

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
Other: Field Experience	40
<b>Total</b>	40

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**Course Outline Author or Contact:**

Sarah Osberg, MAST Program Coordinator/Instructor

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Signature

**APPROVAL SIGNATURES:**

Department Head  
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Department Head Signature

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Dean Signature

EDCO

Valid from: September 2019 – March 2024

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Education Council Approval Date

**COURSE PREREQUISITES AND TRANSFER CREDIT:**

**Prerequisites:** None

**Corequisites:** None

**Flexible Assessment (FA):** All MAST students must participate in this course.

Credit can be awarded for this course through FA  Yes  No

**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:** MASD 118 ⇔⇔ MAST 144

**Date changed:** March 2009

## 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:

Recreational Canoeing Association of British Columbia Instructor Manual 3<sup>rd</sup>. Ed, 2010.

*Please see the instructor's syllabus or check COTR's online text calculator*

*<http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.*

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## LEARNING OUTCOMES:

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

- demonstrate knowledge and skills at the Level 3-4 BC Recreational Canoe Association;
  - maneuver the canoe in tandem and solo situations on lake water and class 1-2 river water;
  - demonstrate wide variety of strokes to gain mastery of the canoe; and
  - demonstrate tandem self-rescue skills.
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## COURSE TOPICS:

- Review and practice all strokes in the four paddler levels: tandem, solo, bow and stern
  - Canoe repairs, knots and ropes, equipment variation and standards
  - Lake and river water hazards, wind and waves
  - Solo paddling positions, trim, strokes
  - Maneuvering canoe on basic river currents
  - History of canoeing
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*See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.*

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## EVALUATION AND ASSESSMENT:

Assignments	% Of Total Grade
Identify Canoe parts and equipment	20%
Knowledge of Canoe materials, design	10%
Basic Canoe Skills: Maneuvers: Straight line Tandem/Solo/Reverse	30%
Canoe over Canoe Rescue	20%
Identify Safety/Hazard Concerns	10%
Expedition behaviour, teamwork, attitude	10%
Total	100%

*Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.*

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**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.

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**COURSE GRADE:**

<b>COM</b>	Completed to defined standard – 70%
<b>NCG</b>	No Credit Granted

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**ACADEMIC POLICIES:**

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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**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.