



Introduction to Whitewater Kayaking – MAST 167

Mountain Adventure Skills Training Program

Course Outline

COURSE IMPLEMENTATION DATE: January 2003
OUTLINE EFFECTIVE DATE: September 2022
COURSE OUTLINE REVIEW DATE: March 2027

GENERAL COURSE DESCRIPTION:

This course is designed to develop skills at the novice whitewater kayaking level. Students are educated in safety issues as well as equipment design and use. Instruction is provided in flat water techniques, progressing into gentle whitewater and river running procedures. This course prepares the student to safely progress to grade three whitewater and covers theoretical knowledge and practical application of whitewater kayaking skills.

Program Information: This course is an elective running concurrently with MAST 166 Whitewater Raft Guide Training 2.

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

COTR Credits: 2

Hours for this course: 50 hours

Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	50
Other Contact Hours	
Total	50

Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	N/A
Formal Work Experience	N/A
White water Kayaking Field Experience	N/A
Total	

Course Outline Author or Contact:

Sarah Osberg, BEd, MSc.

Signature

APPROVAL SIGNATURES:

Department Head
Erin Aasland Hall
E-mail: aaslandhall@cotr.bc.ca

Dean of Business and University Studies
Darrell Bethune
E-mail: bethune@cotr.bc.ca

Department Head Signature

Dean Signature

EDCO

Valid from: September 2022 – March 2027

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: MAST 145 Whitewater Raft Guide Training 1

Corequisites: None

Flexible Assessment (FA): If you are seeking prior credit for this course, evidence of your learning achievement may include:

Credit can be awarded for this course through FA Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

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: N/A

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:

Suggested Reading:

Whiting, Ken and Varette, Kevin, *The Ultimate Guide to Whitewater Kayaking*, Heliconia Press.

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

LEARNING OUTCOMES:

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

- recognize common features and hazards in the whitewater environment;
 - perform a self-rescue in moving water;
 - demonstrate effective whitewater kayaking strokes in moving water: forward and backward strokes, sweeps, draws, braces and combination strokes;
 - demonstrate effective whitewater kayaking maneuvers in moving water: S-turns, C-Turns and ferries;
 - re-right a capsized kayak by performing a kayak roll or T-rescue in flatwater or moving water;
 - assess the navigability of a section of whitewater based on hazard identification and mitigation strategies;
 - accurately self-assess ability to navigate whitewater sections in a controlled manner;
 - demonstrate decision making skills and leadership initiative in camp and in the river environment; and
 - demonstrate self-care for optimum learning and personal performance in a river environment.
-

COURSE TOPICS:

- Introduction to sport of whitewater kayaking
- Introduction to whitewater kayaking equipment
- River features, hazard identification and risk mitigation strategies
- International scale of river difficulty
- Fundamental whitewater kayaking strokes
- Fundamental whitewater kayaking maneuvers
- Self-rescues
- Kayak roll & T-rescues
- River running strategies and group management
- Rapid scouting and portaging
- Planning a whitewater kayaking trip
- Logbooks

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

Assignments	% Of Total Grade
Demonstrated of basic kayak skills	70%
Demonstration of positive leadership skills	<u>30%</u>
Total	100%

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

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.

COURSE GRADE:

COM	Mark of 70% required to successfully complete
NCG	No Credit Granted

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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.