

**Grande Prairie Regional College**  
**Department of Physical Education and Athletics**  
**Spring 1999**  
**PA 1800 Canoeing and Kayaking 1.5 (0-0-3)**

**Course description**

This course is designed to develop fundamental canoe and kayaking skills. This course will also encompass the theoretical knowledge for safe paddling on lakes and grade two rivers in northern Alberta.

**Course objectives**

1. To develop canoeing and kayaking skills in a variety of moving water conditions.
2. To discuss the theoretical aspects of canoeing and kayaking.
3. To develop safety skills useful for lake and white water paddling.
4. To develop and use paddling progressions for teaching canoe and kayak skills.

**Course format**

PA 1800 will run during the spring session at GPRC and will run over a 36 hour time period. The course will have a heavy emphasis on the development of practical paddling skills with the aim to travel on grade two water efficiently and safely. Complimenting the practical skills will be the development of safety knowledge and skills involved in river paddling.

**Psychomotor content**

<p><b>Canoeing:</b></p> <ul style="list-style-type: none"><li>lifting and carrying canoes</li><li>securing canoes for transport</li><li>entries and exits</li><li>balance and stability positions</li><li>forward stroke</li><li>reverse stroke</li><li>sweeps, prys, draws</li><li>steering strokes</li><li>tandem timing and control responsibilities</li><li>bracing</li><li>rescues (lake, river)</li><li>river tripping</li></ul>	<p><b>Kayaking:</b></p> <ul style="list-style-type: none"><li>fitting, equipment outfitting</li><li>posture, balancing</li><li>wet exit</li><li>forward stroke, reverse stroke</li><li>sweeps, draws</li><li>bracing, leaning, edging</li><li>bow draw and duffek</li><li>rolling, (screw, c roll, c-1 roll)</li><li>pool/lake rescues</li><li>river rescues</li><li>slalom gate techniques</li></ul>
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***Cognitive content:***

- Paddling organizations
- History of canoeing and white water kayaking
- Clothing for paddling
- Hypothermia
- Safety equipment
- River hydrology
- Environmental impact of paddling and river running

***Evaluation***

a) Practical skill evaluation for canoeing	25
b) Practical skill evaluation for white water kayaking	25
c) Final examination	30
d) Log book	20

***Textbook:***

- Gullion, L. (1987) *Canoeing and Kayaking Instruction Manual*. American Canoe Association

***Other resources:***

- Barton, G. (1986) *Level One Technical Manual*. Canadian White Water Association
- Rowe, R. editor (1995) *Canoeing Handbook*. (2<sup>nd</sup> edition) British Canoe Union
- Bechdel, L and S. Ray (1986) *River Rescue*. Appalachian Mountain Club