I. COURSE DESCRIPTION
This course is designed to introduce students to tandem canoeing on Class I and Class II white water. The course will meet primarily at the boathouse and paddling will take place on Lake Matoaka. Some classes will meet in the pool and classrooms of Adair Hall. Students will be given a schedule with a list of class dates and meeting places. The course will culminate with a one-day paddling trip on a white water river.

II. PREREQUISITE
Each student taking this course must be able to complete a swim test (given at the second class meeting). This test includes a 100 meter swim, treading water for three minutes, donning a PFD in deep water, and maintaining a white water swimming position for 1 minute. The entire test must be completed with no stops on the bottom or sides of the pool for rest.

III. COURSE CREDIT
1 semester hour

IV. OBJECTIVES
Upon successful completion of the course, students will:
A. understand nomenclature related to canoeing equipment
B. demonstrate an understanding of safe and efficient paddling technique
C. demonstrate flat water canoeing strokes and maneuvers
D. demonstrate white water canoeing maneuvers in Class I and II white water
E. understand white water safety and rescue techniques
F. demonstrate an understanding of river reading skills

V. COURSE CONTENT
A. Equipment
1. Canoes - materials, design, and nomenclature
2. Paddles - sizing, nomenclature
3. Safety equipment - PFD's, dry bags, throw ropes, flotation

B. Orientation to the canoe
1. Portaging
2. Boarding/Exiting
3. Positioning for stability, balance, trim
4. Fluid dynamics

C. Safety and rescue
1. Self rescue
2. Boat-over-boat rescue
3. Trip organization
4. Hypothermia and boating attire
5. White water swimming
6. AWA river classification and safety code
7. River signals
8. River reading/scouting

D. Tandem canoeing strokes
1. Forward
2. Reverse
3. Fwd. & rev. sweeps
4. Draw
5. Pry
6. J-stroke
7. Rev. J
8. Power stroke w/pry (pitch)
9. Cross draw
10. Reverse sweeping low brace
11. Stationary draw/cross draw

E. Flat water maneuvers
1. Straight forward
2. Straight reverse
3. Spins/pivots
4. Abeams
5. U-turns
6. Landings
7. High/low braces, righting pry

F. White water maneuvers
1. Upstream ferry
2. Eddy turn
3. Peel out

VI. EVALUATION
Each student must pass ALL examinations to receive credit.
A. Written - A written exam may be given after the white water trip. It will cover all of the topics covered in class and on the course handouts.
B. Practical - two parts
1. Flat water - Students will be expected to demonstrate control of their canoe throughout a series of lake maneuvers.
2. White water - Students are expected to participate in the white water river trip.

VII. ATTENDANCE REQUIREMENT
Due to the nature of this course, a student who misses a class for any reason endangers her/himself, their canoeing partner, and the instructor. Therefore, there is a strict attendance policy for this course which is described on a separate form. Please read, understand and sign this form.

VIII. CONSIDERATIONS!
A recognized teaching strategy in canoeing involves physical guidance of an individual through a technique by the instructor. If such a strategy violates a student's "comfort zone," he/she is encouraged to inform the instructor so that an alternative method can be used.

IX. COURSE FEE
A fee will be assessed each student. This fee is part of the prepaid tuition. It covers transportation, equipment use and maintenance, and administrative services. It may not be refunded if the course is dropped after the end of the drop period.

X. REQUIRED READING
Although there is no required text for this class, students are expected to be familiar with the information found in class handouts. Familiarity with this reading will prove beneficial in class and on the final practical exam. Students interested in additional reading should consult Foster and Kelly, Catch Every Eddy...Surf Every Wave (1995). This text is on reserve in Swem.

XI. HOMEWORK
Lake Matoaka is open for canoeing practice during recreational times at the boathouse. Students are strongly encouraged to take advantage of these times to work on the skills necessary to control the canoe.