Class meets: 6 Fridays 09:30-12:30, 9/22/2017-10/27/2017
for 3 hours
1 Saturday 10/14/2017 for 5 hours (10-3pm)
Classroom: TBA

Instructor: T.B.D.
XXX Tykeson Hall
e-mail
Office Hours: T.B.D.

Physical Activities Course Coordinator: Kara Witzke
Office Location: Tykeson Hall 302G
Office Phone: 541-322-2063
E-Mail: kara.witzke@osucascades.edu
Office Hours: MW 11am-12pm & by appointment

COURSE DESCRIPTION:
Students will learn fundamentals of white water kayaking in sheltered water based on the internationally recognized British Canoe (BC) teaching and skills certification system. Emphasis is on activity and basic skills. See class schedule for the location, website, and class schedule specific to the course. This course runs for six class sessions of 3 hours (Fridays), and one mandatory Saturday (5-hour) session. The entire class lasts for six weeks.

COURSE PREREQUISITES
None

REQUIRED TEXT/S
None

RECOMMENDED TEXT/S
None

PROVIDED EQUIPMENT
Boats, paddles, and some related equipment (depending on size availability) will be provided.

REQUIRED EQUIPMENT
Students must supply their own, helmet, personal flotation device (pfd), wet suit and splash top or, dry suit. All of these are available for rental at a 20% discount in the community. Some, but not all are available at a nominal rental rate on a first come, first serve bases from Cascades Adventures, the OSU-Cascades student recreation program.
LEARNING OUTCOMES
Upon successful completion of this course, students will:
1. Understand how to lift, carry, and launch a kayak appropriately with view to injury prevention
2. Demonstrate the ability to paddle and control a kayak over a distance of 100 meters in a straight line
3. Demonstrate stopping both forwards and backwards
4. Demonstrate reverse paddling for a distance of about 5 meters to a set point
5. Demonstrate the ability to capsize a kayak and be rescued or swim 15 meters to shore
6. Demonstrate the ability to make an appropriate approach to shore and a safe method of getting out of the boat
7. Demonstrate an appropriate way to empty water from a kayak
8. Develop a basic understanding of white water kayak equipment

COURSE REQUIREMENTS AND EVALUATION OF STUDENT PERFORMANCE
Student work will be evaluated according to rubrics developed for each individual assignment. Your grade will be comprised of the following requirements:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage of grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>80%</td>
<td>80</td>
</tr>
<tr>
<td>Goal setting</td>
<td>10%</td>
<td>10</td>
</tr>
<tr>
<td>End of course reflection</td>
<td>10%</td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
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**Participation (80% of grade)**
The promotion of wellness requires participation. Attendance will be kept throughout the class. Students are awarded 10 points for every class attended (20 points for the Saturday session). This means that if a student attends all required classes but does NO written work, the highest grade that can be earned is 80% (B-).

**Goal setting (10% of grade)**
By the end of week 1, each student will develop two personal SMART (Specific, Measurable, Attainable, Realistic, Time Bound) goals related to the course and turn them in via Canvas.

**End of course reflection (10% of grade)**
By the end of finals week, students will submit a reflection on the achievement of their SMART goals and their satisfaction with the course in general.
**At the end of the term, grades will not be rounded up or down. Grades will be based on the following numerical scale:**

<table>
<thead>
<tr>
<th>Final percentage</th>
<th>Final percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93%-100%</td>
</tr>
<tr>
<td>A-</td>
<td>90%-92.99%</td>
</tr>
<tr>
<td>B+</td>
<td>87%-89.99%</td>
</tr>
<tr>
<td>B</td>
<td>83%-86.99%</td>
</tr>
<tr>
<td>B-</td>
<td>80%-82.99%</td>
</tr>
<tr>
<td>C+</td>
<td>77%-79.99%</td>
</tr>
<tr>
<td>C</td>
<td>73%-76.99%</td>
</tr>
<tr>
<td>C-</td>
<td>70%-72.99%</td>
</tr>
<tr>
<td>D+</td>
<td>66%-69.99%</td>
</tr>
<tr>
<td>D</td>
<td>60%-65.99%</td>
</tr>
<tr>
<td>F</td>
<td>&lt; 60%</td>
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</tbody>
</table>

**RISK, RESPONSIBILITY, AND FEES**

Risk is associated with many of life's activities including the OSU-Cascades Physical Activity Course (PAC) Program and some Tourism, Recreation, and Adventure Leadership (TRAL) classes. The College of Public Health and Human Sciences, the Kinesiology Program, The College of Forestry, and the TRAL program will minimize these risks by employing professionally trained instructors who will provide safe activity areas, adequate equipment, and capable instruction. It is highly recommended that you give very serious consideration to providing yourself with a student health and accident insurance policy. These are available through the University, private carriers, or in many cases, through a family policy. If uninsured, relatively minor accidents and/or health problems can lead to great expense.

If you have a condition that might require special accommodation or will affect or be affected by participation in this activity class, please inform the course instructor at the time you sign the liability waiver, and the PAC coordinator in writing via email. If you become ill during class, please notify the instructor immediately. Please do not leave class before doing so. Should you become ill or get injured and not be able to fully participate in classes, there are alternatives to allow you to still get credit. This can be arranged through the course instructor; please communicate with the instructor and the PAC coordinator if you have a problem during the term.

A PAC fee to help offset the cost of the program accompanies all PAC classes. Fees help pay for access to the facility and instruction but in some cases, do not cover your entire cost of attendance. Refunds of the PAC fee follow the University guidelines for refunds as printed in the Schedule of Classes. Fees are billed to student accounts. PAC course fee for a 2 credit class is $64.00.

**CLASS POLICIES**

1. **Assignment Due Dates**

   Completed assignments will be accepted before or on their due date.

   **Submission deadlines:** All due dates refer to the start of the class period on the date due or as specified by restrictions on Canvas. **Papers turned in late will be reduced 50% per 24 hours** they are late. Readings are to be done before the day they are listed as ‘read’. For example, if in the schedule for Tuesday February 12th it states **Read Kahn 1-20**, then that particular readings should be done before class to give you background information for discussion.
2. Projects/papers
I will keep projects and papers one quarter then they will be discarded. If you would like to retain a project or paper it is your responsibility to get them.

3. Incompletes
No incompletes will be given unless there is a family death or similar emergency.

4. Presentation/Quality of work
When evaluating your work, I will look for quality, clarity, completeness and professionalism. Please note that all assignments must be typed and double-spaced in 12-point Times New Roman font with 1 inch margins in Microsoft Word. The majority of your papers will be submitted electronically. If I cannot open the file, I will not grade it. Handwritten papers WILL NOT BE ACCEPTED OR GRADED – unless otherwise specified.

For guidance on writing, refer to the paper or web versions of The Elements of Style by William Strunk, Jr. (http://www.bartleby.com/141/), material on the OSU Writing Intensive Curriculum (WIC) web site (http://wic.oregonstate.edu/wic_stdnt_writ_help.html), and/or other sources. APA format must be used for referencing. The APA publication manual is on reserve in the OSU-Cascades/COCC library. Tips are also available at the OSU WIC site above. COCC has a writing lab and OSU has writing tutors. Unless you already are a strong writer, we strongly encourage you to take advantage of these resources. Check with the CAP Center and the OSU front desk for more information.

5. Academic dishonesty
This course conforms to the Oregon State University Administrative Rules Relating to Student Conduct. Put simply, you are expected to do your own work. Academic or Scholarly Dishonesty is prohibited and considered a serious violation of the Student Conduct Code. It is defined as an act of deception in which a student seeks to claim credit for the work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student's own efforts or the efforts of another. See Student Conduct and Community Standards: http://studentlife.oregonstate.edu/studentconduct/offenses-0

Academic dishonesty is defined as an intentional act of deception in one of the following areas:
• Cheating: use or attempted use of unauthorized materials, information or study aids
• Fabrication: falsification or invention of any information
• Assisting: helping another commit an act of academic dishonesty
• Tampering: altering or interfering with evaluation instruments and documents
• Plagiarism: representing the words or ideas of another person as one's own.

You must write your own papers/journals/exams in your own words. “Cutting and pasting” blocks of text from other sources is considered plagiarism. Of course, you may quote from source material, but the quote must be brief (usually less than a paragraph), enclosed within quotation marks, and correctly cited in the text and in the reference section. Please ask in advance if you are uncertain regarding the appropriate use of material from other sources. The maximum penalty for academic dishonesty in any form will be a failing grade for the course and/or expulsion from the university. Plagiarism will not be tolerated. In this course students
are encouraged to collaborate, but the notion of using the same answer for several people is not acceptable. Work that has obviously been plagiarized is easily determinable. Students who are detected plagiarizing will receive a zero (0) for the assignment with no opportunity to make it up and will receive an automatic “F” for the course.

Remember that tolerating or assisting others who violate the norms of academic honesty is also a violation. It is your obligation as a student to find out and know what constitutes academic dishonesty. Students are expected to be familiar with the contents of this course outline and other class requirements and with relevant OSU rules and regulations.

6. Exceptions
Any exceptions to these policies will be handled on a case by case basis with the interest of fairness as the primary concern.

7. Students with documented disabilities
“Accommodations for students with disabilities are determined and approved by Disability Access Services (DAS). If you, as a student, believe you are eligible for accommodations but have not obtained approval please contact DAS immediately at 541-737-4098 or at http://ds.oregonstate.edu. DAS notifies students and faculty members of approved academic accommodations and coordinates implementation of those accommodations. While not required, students and faculty members are encouraged to discuss details of the implementation of individual accommodations.”

8. Diversity statement
The College of Public Health and Human Sciences strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.

9. Religious holiday statement
Oregon State University strives to respect all religious practices. If you have religious holidays that are in conflict with any of the requirements of this class, please see me immediately so that we can make alternative arrangements.

10. Expectations for student conduct
The Student Conduct Code establishes community standards and procedures necessary to maintain and protect an environment conducive to learning, in keeping with the educational objectives of Oregon State University. This code is based on the assumption that all persons must treat one another with dignity and respect in order for scholarship to thrive.

11. OSU – Cascades ethos statement – The guiding vision of OSU-Cascades is to contribute significantly to intellectual, cultural, ecological, social and economic vitality. To achieve that goal, the OSU-Cascades community will strive to model principles and practices of a thriving, equitable and sustainable society. A culture of learning and exploration provides significant
rewards to its members; those rewards are best achieved when all community members (faculty, staff, administrators, students and Board of Advisors) strive to honor the following principles:
1. Respect the dignity and uniqueness of individuals. This principle applies to a diversity of cultures, belief systems, academic ranks and academic/professional disciplines.
2. Aspire to excellence and integrity in every endeavor.
3. Consider current and future generations in every deliberation.
4. Demonstrate leadership in service to community.