



**Physical Education Program
Course Outline**

PACT 180

Instruction for Canoeing and Kayaking

(hrs/wk: 3 lec : 0 lab : 0 sem)

Fall 2015

with instructor: **Mark Lund, M.Sc., M.A.**

Office: 9-209a

MacEwan Phone: 780.497.5660

MacEwan e-mail: lundm@macewan.ca

Office Hours: Tuesday and Thursday 11:00 AM to Noon

All Class/Lab sessions: Tuesday and Thursday Mornings 8:00 to 9:20 AM in the MacEwan Swimming Pool. First class will be on deck, check at the Sport & Wellness Access Desk for directions. Come prepared to get wet on day 1!

Course Description:

In this course students will acquire theoretical knowledge and personal skill used in the instruction of strokes, maneuvers, and rescue. Equipment is available from the Physical Education Program. This course may require some weekend commitments. A special fee of \$40.00 will be charged at registration.

Course Content:

Lectures, Videos and Readings

- 1 - History of the Sport
- 2 - Equipment Selection & Maintenance
- 3 - Biomechanical Principles & evaluation
- 4 - Basic Instructional Strategies
- 5 - Hazards, Risks and Safety Management
- 6 - Legal Requirements for Safe Paddling
- 7 – Program Organizational Strategies
- 8 - Topical

Lab and Pool Sessions (for Canoe & Kayak)

- 1 - Forward Strokes
- 2 - Reverse Strokes
- 3 - Turning Strokes
- 4 - Support Strokes
- 5 - Correction Strokes
- 6 - Flat-water Maneuvers
- 7 - River Maneuvers - pool simulated
- 8 - Self Rescues, Cold Water Survival & Kayak Rolling
- 9 - Shore Based Rescues
- 10 - Canoe & Kayak Based Rescues

Course Objectives:

Upon completion of this course, the student will be able to...

1. Demonstrate the basic skills required in the activity and an appreciation of how these skills are used in combination in performance situations. Both Canoeing and Kayaking strokes and skills will be developed. Performance situations may include pool paddling, lake and river situations.
2. Demonstrate the general movement skills and movement theory for paddling and that are transferable to a variety of similar activities.
3. Demonstrate specific knowledge about the sport in the areas of terminology, history, socio-cultural context, rules, organizational structure, basic strategies and tactics, basic pedagogy and other concepts relevant to the sport.
4. Teach basic paddling skills for canoe and kayak.
5. Organize a basic canoe or kayak program.

Prerequisite or Co-requisite:

No prerequisite is required.

Course Requirements & Evaluation:

Skills Evaluation (Canoe Oct., Kayak Nov.)	40%	
Peer Lesson & Self Reflection	10%	due 7 days post class
Master Plan with selected Lesson Plans:	15%	due Oct. 29
Video Analysis of a Paddling Skill:	10%	due Nov. 19
Final Examination	25%	

Textbook: no text will be required for this course, all support materials will be provided through the class BlackBoard Learn site.

Dress:

Participants are expected to be appropriately and professionally dressed for the laboratory sessions. This will include warm and wind proof clothing for the optional outdoor classes. This clothing must allow full freedom of movement. Appropriate swim wear will be required for all pool sessions. In past years some students have found that swim goggles and nose clips can assist with learning to roll, and volleyball type knee pads will make the canoeing more comfortable, and help ensure the long term integrity of your knees!

Assignments

1 - Peer Lesson

Each student will be responsible for a 10-12 minute lesson of one kayak stroke with a small group of peers. One week after the lesson a copy of the lesson plan and self-reflection must be submitted. This will occur in mid to late November. This assignment will be scheduled in late October.

2 - Master Plan

Students are to complete a six session (1.5 hrs ea 9-10 hrs total) program plan for the teaching of the basic flatwater strokes for either tandem canoeing, **OR** solo kayaking. To support this master plan at least three class lesson plans must be submitted, one each for early, mid and late lessons in the program.

3 - Video Analysis of one Paddling Skill

Students are to complete an analysis one of the paddling skill video clip of themselves. This analysis shall utilize the provided biomechanical materials, course text and other found materials. During late October students are to complete a video session using their smart phone, personal video gear, or department provided gear. Video is to be of just one stroke, from at least two perspectives (side, & frontal). Video should be edited to a two minute clip for submission with the written analysis. This may all be submitted electronically.

Tentative Course Schedule:

Week(s)	Activity	Location
1 & 2	Introductory Class and Lecture, Introductory Pool Sessions, Wet Exits, T-Rescues, Reentries, basic strokes (forward, back and sweeps for canoe and kayak)	Classroom (TBA check at access desk for rm #) & pool
Tuesdays Sept. 8, 15 & 22(?)	6:30 PM @ Rundle Park Paddling Centre - Optional - lake paddle -- to 8:30 PM	Car pooling required
Sunday Sept.x	11:00 AM @ Rundle Park Paddling Centre - Optional - lake paddle -- to 3:00 PM - bring lunch and dry clothes	Car pooling required
Sunday Sept. 20	10:00 AM @ MCSW - Optional - river paddle -- to mid-afternoon - bring lunch and dry clothes	Car pooling required
Saturday & Sunday Sept. 26/27	9:00 AM Saturday to 4:30 PM Sunday - Optional overnight canoe trip on the North Saskatchewan River west of Edmonton - This is only an option if there is room in the PEDS 205 trip!	MaeEwan will provide appropriate transportation for all participants & gear.
3	Canoe: Steering ("J"), support (braces), side-slipping and Draw strokes for both canoe and kayak	pool
4 to 7	introduction to the kayak rolling progression, introduction to reverse paddling, and intro' to and practice of, the English Wiggle gate, for canoe	pool
8 (Oct. 27 & 29)	Canoeing Practical Exam - 1/2 of class each day	pool
9-11	Kayaking, river strokes on flatwater, Duffeck and other dynamic strokes, wiggle gate practice, and completion of the rolling progressions & alternate rolls.	pool
12-13	Practice and Peer Lessons – as scheduled	pool
14 (Nov. 26 & Dec. 1)	Kayak practical exam - 1/2 of class each day	pool
15	PACT 180 Final Written Exam – Tentatively Tue., Dec. 8 at 9:00 AM	TBA (in a classroom to allow video analysis)



Bachelor of Physical Education Program

at Grant MacEwan University

*Evaluation, Grading, Exams, Policies,
and Students with Special Needs*

*for Core Courses and Activity Courses
including HEED, PERL, PEDS, PACT & RCLS courses.*

<i>Term Summary*</i>	<i>Grade</i>	<i>Grade Point</i>	<i>Descriptor</i>
95-100	A+	4.0	
90 - 94	A	4.0	Excellent
85 - 89	A-	3.7	
80 - 84	B+	3.3	
75 - 79	B	3.0	Good
70 - 74	B-	2.7	
65 - 69	C+	2.3	
60 - 64	C	2.0	Satisfactory
55 - 59	C-	1.7	minimal required for University transfer credit
50 - 54	D+	1.3	
45 - 49	D	1.0	Minimal Pass
<45	F	0.0	Failure
Withdrawal Failure	WF	0.0	*
Incomplete	In		(must be requested and a contract negotiated)
Supplemental	S		(unavailable)
Deferred	Def		(must be requested in advance of the final exam)

- Official final grades can be accessed through Web Advisor. Grant MacEwan University adheres to the Alberta Common Grading Scheme, which is a letter grade system. While instructors may use percentages to aid in their grade development, only the letter grade will appear on transcripts.
- WF - to avoid a WF grade one must withdraw from the course by the withdrawal deadline. This deadline is normally the Friday of the 8th week in an 11 week course, the 11th week of a 15 week course and the 20th week of a 30 week (6 credit / 2 term) course. Students are responsible for knowing the appropriate withdrawal deadline for each of their courses.
- Term Summary *maybe* adjusted.
- Changes in the exam schedules will be announced in class.
- Marked assignments and lab reports will normally be returned within three weeks of submission.
- Photo I.D. should be available for inspection at any term or final exam.
- Students may not enter an exam room after any other student has completed the exam.
- On any final exam students may not leave the room until 60 minutes have passed.
- Policy C1035 provides for the regulation that no student may register in a credit course after they have already received two grades in the course.

Student Responsibilities:

Students are expected to be aware of their academic responsibilities as outlined in the Students' Rights and Responsibilities section in the University Calendar.

Academic Integrity:

MacEwan University's Academic Integrity Policy (C1000) promotes honesty, fairness, respect, trust, and responsibility in all academic work. According to the policy, "All members of the University community have the right to work and study in an environment of Academic Integrity and a responsibility to protect Academic Integrity by being aware of this policy" (2.3). This policy can be found at: <https://facultycommons.macewan.ca/services/academic-integrity> .

The policy defines academic dishonesty as the following: "Academic dishonesty involves participating in acts by which a person fraudulently gains or intentionally attempts to gain an unfair academic advantage thereby compromising the integrity of the academic process" (3.5). Here are four common forms of academic dishonesty as outlined in the policy:

- 3.5.1 Cheating on Tests and Examinations:** Copying the work of others or the use, or attempted use, of unauthorized notes, information, materials, study aids, or devices in any academic exercise or activity.
- 3.5.2 Plagiarism:** The use and submission of another's words, ideas, results, work, or processes without providing appropriate credit to the individual(s) responsible for same.
- 3.5.3 Improper Collaboration:** Inappropriate sharing of work on an assignment that was intended as an individual assignment or working together in groups beyond the degree of permissible collaboration set out by the instructor.
- 3.5.7 Multiple Submissions:** Submitting the same academic work in multiple courses without permission of the instructor(s).

A more detailed description of academic dishonesty can be found in the Academic Integrity Policy. Students are responsible for understanding what constitutes academic dishonesty. All incidents of academic dishonesty are reported to and recorded by the Office of Academic Integrity. The penalties for academic dishonesty include the following:

- a mark reduction up to zero on a piece of academic work
- a grade reduction up to an F in the course
- a requirement to withdraw (with transcript notation) from a program for a specified period of time
- expulsion from the University (with transcript notation)

Please see the Academic Integrity Policy at <https://facultycommons.macewan.ca/services/academic-integrity> for more details.

REGISTRATION STATUS: You are responsible for your registration status at the University. Program Advisors may assist you with the process of registration, including adding or dropping of courses, but it is your responsibility to verify that these changes have been officially completed. This verification can be done at any time using *My Student System*. You should check your official registration status before the last date to officially withdraw from the course.

WITHDRAWING FROM THE COURSE: If you stop attending class you must complete a Course Drop Form, have it signed by a appropriate Advisor, and submitted it to the Registrar's Office by the last day to withdraw as provided in the Academic Schedule in the University Calendar. Failure to officially withdraw will result in a grade being assigned based on course work completed.

EXAMS: Your student photo I.D. is required at exams. It is at the discretion of the instructor whether you will be allowed to write the exam if you arrive over 15 minutes after the exam has begun. You must remain in the exam room for at least 60 minutes from the time it commenced. Electronic equipment (iPods, cell phones, etc.), other than basic calculators that have been approved by the instructor, are not allowed to be used during exams. Permission to use the washroom during exams is at the discretion of the instructor and may require accompaniment.

MISSED TERM EXAMS: If you miss a term exam you must provide the instructor with an explanation within 24 hours or a grade of zero may be given. Notification may be provided through email, voice mail, or direct contact with the instructor. Official documentation as to why the exam was missed will be needed to assess whether a make-up exam or pro-rating of the course grade will be allowed. Medical excuses must include the date you were examined, the specific dates for the period of the illness, a clear statement indicating that the severity of the illness prevented you from attending school or work, and the signature of the examining physician (a signature by office staff on behalf of the physician is not acceptable). Medical notes obtained subsequent to the date of the exam are generally not accepted. A grade of zero will be given if the instructor considers the excuse inappropriate or inadequately substantiated.

DEFERRED FINAL EXAMS:

A deferred examination will be granted if a student misses the final lecture examination for reasons considered by Health and Community Studies to be unavoidable (deferred examinations do not apply to term or laboratory examinations). An application for a deferred examination must be provided to Health and Community Studies no later than two business days after the date of the missed final examination. Application forms are available from the Office of the Dean of Health and Community Studies (9-402) and must be submitted with appropriate documentation. Students should advise the instructor prior to the examination if they know beforehand that they will be unable to attend the scheduled examination time. Deferrals are determined by the Chair of the Department of Allied Health and Human Performance, NOT by the course instructor. If you have any questions about the process please call the Health and Community Studies office at 780 497-4567 .

LATE ASSIGNMENTS & REWRITES: Late assignments are not normally accepted by M. Lund, but maybe accepted for submission with appropriate rationale, and will be penalized for lateness. Extensions for assignment deadlines will only be granted if requested more than 48 hours prior to the deadline by e-mail. Assignments are normally scheduled to be due at the start of class.

Major assignments (>16%) maybe resubmitted for reconsideration after a rewrite. Such resubmitted assignments will only be considered for 85% of the weight of the original assignment. Such resubmission must be requested by e-mail within one week of the return of the original assignment, and such e-mail request must include a new proposed resubmission deadline. The new proposed deadline must be no less than one week prior the final written exam in the course. Such resubmission must include: the rewritten assignment, the original evaluation rubric, the original assignment, any other required attachments, and a Summary Page of all changes made within the rewrite.

CELL/Smart PHONES: Cell phones are to be turned off during lectures, labs, seminars, and exams (except under exceptional circumstances in which approval has been given by the instructor).

STUDENTS WITH SPECIAL NEEDS: Students who may have special requirements in this course are advised to discuss their needs with Services to Students with Disabilities located in the Student Resource Centre. You should advise the course instructor(s) of any special needs that are identified. See Policy E3400 Students with Disabilities.

STUDENT APPEALS: The University has a policy regarding Student Appeals (E3103). You should access this policy to become aware of the deadlines and guidelines that need to be followed if you are appealing a grade or other University assessment.

Email: All students are given a <name>[@my.macewan.ca](mailto:my@my.macewan.ca) email address. This email address is available to the course instructor who may distribute relevant course information or announcements via email. The **Instructors and Programs** regularly communicates with students via email. Check your <name>[@my.macewan.ca](mailto:my@my.macewan.ca) regularly or forward it to an email address that you do check regularly. If you use email to communicate with your instructor you must use your *my.macewan* account. This is to protect your privacy: if a non- *my.macewan.ca* account is used, there is no way for the instructor to verify the identity of the sender and in this day of spam and viruses are unlikely to even open such e-mail.

Disclaimer: The information in this Course Outline is subject to change; any changes will be announced and distributed to the class by e-mail, Blackboard or on this posted outline or, if applicable, in the laboratory.

Grant MacEwan University – Physical Education
Instructor Schedule & Contact Information

Fall Term – 2015
Contact Information

Instructor: **Mark Lund, M.Sc., M.A.**
 Work Phone: **780.497.5660**
 E-mail: **lundm@macewan.ca**

Office Location: **9-209a**
 Home Phone: **780.436.4253**

MacEwan Web Page:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00		PACT 180 Swimming Pool		PACT 180 Swimming Pool	
8:30					
9:00					
9:30					
10:00					
10:30					
11:00		*Office Hour rm 9-209a		*Office Hour rm 9-209a	
11:30					
Noon					
12:30					
1:00					
1:30					
2:00		HEED 110 rm 7-209		HEED 110 rm 7-209	
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					

In addition I am teach PEDS 2015 (Intro' to Outdoor Education) over a series of five weekends this term and will have weekend specific office hours for this class.

I am available for appointments at other times, please contact by phone, e-mail or after class. I do generally respond to e-mail queries within a few hours, seven days a week (IF home or in the office) and this is the best way to communicate technical and administrative questions.