



MAST-144 – Canoe Skills 1

Business

Effective Term & Year: Fall 2022

Course Outline Review Date: 2024-03-01

Program Area: Tourism, Recreation, & Hospitality

Description:

This course prepares the student to canoe tandem and solo in lake water and class 1-2 river situations. Basic strokes and maneuvers are taught while canoe safety and self-rescue are practiced and demonstrated. Curriculum follows the Recreational Canoe Association of BC Advanced Tandem and Solo sections as well as touching on Basic Moving water skills.

Program Information:

This course is a prerequisite for MAST 164 Flatwater Canoe Instructor and is required for completion of the MAST certificate.

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	40
Co-op/Work Experience	
Other	

Total	40
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Course Requisites:

None

Flexible Assessment: No

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook 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:

Recreational Canoeing Association of British Columbia Instructor Manual 3rd. Ed, 2010.

Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.

Learning Outcomes:

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

- demonstrate knowledge and skills at the Level 3-4 BC Recreational Canoe Association;
- maneuver the canoe in tandem and solo situations on lake water and class 1-2 river water;
- demonstrate wide variety of strokes to gain mastery of the canoe; and
- demonstrate tandem self-rescue skills.

Course Topics:

- Review and practice all strokes in the four paddler levels: tandem, solo, bow and stern
- Canoe repairs, knots and ropes, equipment variation and standards
- Lake and river water hazards, wind and waves
- Solo paddling positions, trim, strokes
- Maneuvering canoe on basic river currents
- History of canoeing

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

Evaluation and Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Identify Canoe parts and equipment	20
Knowledge of Canoe materials, design	10
Basic Canoe Skills: Maneuvers: Straight line Tandem/Solo/Reverse	30
Canoe over Canoe Rescue	20
Identify Safety/Hazard Concerns	10
Expedition behaviour, teamwork, attitude	10

Grade Scheme

COM	NCG
Completed to the minimum defined standard	No credit granted – less than minimum defined standard

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
 - Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
 - Policy 2.5.8 Academic Performance
 - Policy 2.5.3 Grade Appeal
 - Policy 2.4.9 Student Concerns Re Faculty
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Equivalent Course(s) and Course Code Changes

Prior Course Code: MASD 118 >> MAST 144

Date changed: March 2009

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.