



## MAST-144 – Canoe Skills

### Business

**Effective Term & Year:** Fall 2024

**Course Outline Review Date:** 2029-03-01

**Program Area:** Tourism, Recreation, & Hospitality

#### Description:

This course prepares the student to canoe tandem and solo in lake water and in class 1-2 river conditions. Competency is gained with basic paddle strokes, maneuvers and rescue techniques in both flatwater and moving water environments. Curriculum follows the Recreational Canoeing Association of BC Lakewater Basic Solo and Tandem, and Moving Water Basic Tandem Curriculum.

#### Program Information:

This course 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	3
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	40
Co-op/Work Experience	

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Other

Total	43
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**Course Requisites:**

None

**Flexible Assessment:** No

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**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.

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**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 9th. Ed, 2024.

*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.*

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**Learning Outcomes:**

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

- demonstrate knowledge and skills at a basic tandem lakewater and basic tandem moving water standard determined by Recreational Canoeing Association of British Columbia;
- maneuver the canoe in tandem and solo on lakewater and in tandem on moving water;
- demonstrate wide variety of strokes to gain mastery of the canoe; and

- demonstrate tandem self-rescue skills.

### Course Topics:

- Introduction to strokes in tandem bow and stern positions and in solo
- 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

**Evaluation Notes:** Students are required to achieve a minimum of 70% to achieve a grade of COM

### Evaluation Notes Comments:

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

### 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.

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### **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.