

HHPA 110 : WHITEWATER RAFTING I

Transcript title

Whitewater Rafting I

Credits

1

Grade mode

Standard letter grades

Contact hours total

30

Other hours

30

Description

Provides introduction to whitewater rafting.

Learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of Whitewater Rafting to develop overall physical fitness and enhance sport activities.
3. Demonstrate clothing choices that will keep a person safe and comfortable in a cold-water environment.
4. Promote, demonstrate, and participate in the "leave no trace" philosophy.
5. Write and carry out safe whitewater raft day-trip plans as well as emergency plans.
6. Demonstrate and teach proper team paddling dynamics for various water conditions and situations.

Content outline

Intro to Rafting I
Wilderness training and equipment tour
Practice session in boat guiding
River rescue session
Raft guiding practice and river running
Whitewater practice and rafting
Emergency plans

Required materials

Rafts and pfd's are provided by the school.

Grading methods

This course will include attendance in the grading and may include written work, quizzes, journal projects and other assignments.

General education/Related instruction lists

- Health