



# Course Outline

OEEDU2006 CANOEING AND WHITE WATER RESCUE

**Title:** CANOEING AND WHITE WATER RESCUE

**Code:** OEEDU2006

**Formerly:** HM875

**School / Division:** School of Health Sciences

**Level:** Advanced

**Pre-requisites:** (HMALS1005 or HMALS1006)

**Co-requisites:** Nil

**Exclusions:** (HM875)

**Progress Units:** 7.5

**ASCED Code:** 69903

## Objectives:

After successfully completing this course, students should be able to:

### Knowledge:

- Develop knowledge of white water rescue techniques and safety considerations associated with white water
- Gain understanding of white water rescue equipment and its use
- Learn a wide range of knowledge relevant to performing, teaching and managing canoeing activities
- Discern the aims and rationales for conducting canoeing in an educational setting
- Develop knowledge on planning, leadership, facilitation, decision-making, and group management to maximise involvement and safety in canoeing activities
- Understand different canoe designs and the importance of the correct choice and maintenance of equipment and clothing
- Develop knowledge on safety, risk management and emergency response relevant to canoeing activities
- Deliver and discuss information on a variety of different topics related to the activity

### Skills:

- Develop planning, teaching and group management skills necessary for conducting enjoyable, safe and effective canoeing sessions
- Develop leadership skills by taking an active leadership role during sessions
- Develop white water safety and rescue skills within the context of canoeing and other outdoor activities
- Develop risk and group management skills



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### Values:

- Value learning, teaching, and performing canoeing skills to a high enough standard to be a competent teacher/instructor
- Value and understand the role of adventure and safe risk taking in outdoor activities and in life itself
- Appreciate the joy of exploring the natural environment and the joy / satisfaction of undertaking activity out of doors
- Appreciate the detail required in planning, organising and implementing canoeing activities

### Content:

Topics may include:

- Planning for canoeing lesson: ratios, programming, risk management, weather and venue considerations, group management strategies
- Canoe equipment and maintenance
- Canoe design and construction
- Paddling skills: embarking / disembarking, rafting up, changing positions in boat, forward & reverse sweep, forward stroke, draw stroke, pry stroke, reverse paddling, bow draw, cross-bow draw, J - stroke, emergency stop
- Knot tying skills
- Rescues: self rescue, low support, capsize drill, tow rescue, deep water rescue, throw bags
- Canoeing games & activities
- Planning for a canoeing session; clothing, food, equipment, location, participant preparation, qualifications

### Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Practical Canoeing Sessions	Student teaching experience - Canoe skills	20 - 30%
Practical Canoeing Sessions	Planning a canoe program	30 - 50 %
Self directed study of class content including weekly readings	Class Exam: This will test student knowledge and understanding of the theoretical perspectives of this course. Testing will focus on the students' ability to apply the theory to practical management and planning situations.	30 - 50%

### Adopted Reference Style:

APA

### Handbook Summary:

This course is designed to enable students to become competent in the basic skills, teaching



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methods, group management, and safety procedures required for flat water canoeing. Students will participate in practical classes in canoeing and white water rescue and attend a white water rescue camp. Students have the opportunity to work towards an external accreditation for flat water canoeing.