

PE-1400: WHITEWATER RAFTING

Cuyahoga Community College

Viewing: PE-1400 : Whitewater Rafting

Board of Trustees:

March 2021

Academic Term:

Fall 2021

Subject Code

PE - Physical Education

Course Number:

1400

Title:

Whitewater Rafting

Catalog Description:

Introduction to outdoor activities, including instruction and participation in whitewater rafting. Includes lecture sessions in preparation for outdoor experience. Activity may include weekend and/or overnight participation. Additional laboratory fees vary according to activity. Check course schedule for specific information.

Credit Hour(s):

2

Lecture Hour(s):

1

Lab Hour(s):

2

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Identify equipment, safety guidelines, rafting procedures, and natural resources needed for whitewater rafting

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Identify proper equipment and clothing needed for participation.
2. Discuss safety guidelines to follow while on the river.
3. Explain the classification system of rapids and water currents.
4. Discuss paddling techniques and river rafting commands.
5. Identify sites where the activity can be enjoyed locally, nationally, and internationally.

Course Outcome(s):

Demonstrate physical skills needed for whitewater rafting.

Objective(s):

1. Explain the physical benefits, physical skills, and conditioning skills needed for the activity.
2. Perform conditioning skills needed for participation.
3. Perform specific physical skills needed for participation.

Methods of Evaluation:

1. Skill test
2. Written evaluation
3. Field Trip
4. Attendance

Course Content Outline:

1. Safety and equipment
 - a. Properly fitting life vest and helmet
 - b. Dress for the weather and water temperature
 - i. Proper footwear
 - ii. Wet suit
 - iii. Splash jacket
 - iv. Quick drying clothing
 - c. Sunglasses/eyeglasses with straps
 - d. Buddy system
 - e. Notifying others of rafting plan
 - f. Paddle control
 - g. Staying hydrated
 - h. Sunscreen
 - i. Working and properly secured equipment
 - j. Techniques for staying in the boat
 - k. What to do if you fall out of the boat
 - l. Techniques for helping someone back into the boat
2. River rafting commands
 - a. Paddle forward
 - b. Paddle backward
 - c. Left back
 - d. Right back
 - e. Stop
 - f. High side
 - g. Lean in
3. Paddling techniques
 - a. Keep hand on the T-Grip at all times
 - b. Listen for paddling commands
 - c. Paddling in sync
 - d. Using your core
 - e. Dig in
4. Physical conditioning
 - a. Cardiovascular activities to increase endurance
 - i. Biking
 - ii. Running
 - iii. Swimming
 - b. Exercises to increase shoulder and arm strength
 - i. Rowing machines
 - ii. Chest presses
 - iii. Push ups
 - iv. Exercises to strengthen your core
 - c. Stretches to increase flexibility
 - d. Importance of having basic swimming skills
 - e. Importance of staying hydrated

- f. Importance of good posture
- g. Rafting day warm ups
- 5. Classification of rapids and water currents
 - a. Class I
 - b. Class II: Novice
 - c. Class III: Intermediate
 - d. Class IV: Advanced
 - e. Class V: Expert
 - f. Class VI: Extreme and exploratory
- 6. Places to raft
 - a. Locally
 - b. Nationally
 - c. Internationally

Resources

Les Bechdel, Slim Ray and Jan Atlee. *River Rescue: A Manual for Whitewater Safety*. 4th. 2009.

Absolon, Molly. *The Ultimate Guide to Whitewater Rafting and River Camping*. 2018.

Wild Pages Press. *Whitewater Rafting*. 1st. CreateSpace Independent Publishing Platform, 2017.

Resources Other

1. Laurel Highlands. <https://www.laurelhighlands.com/rafting/> 2020
2. River Expeditions <https://raftinginfo.com/adventures/rafting-on-the-new-river/> 2020
3. USA Rafting. <https://www.rafting.com/rafting-usa/> 2020.

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