

**San José State University**  
**Kinesiology**  
**Fall 2018, KIN 10A Beginning Kayaking**

**Contact Information**

Instructor:	Shirley H. M. Reekie, PhD
Office Location:	SPX 173K
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Office Hours:	Wednesdays, 10:15-10:45 AM and by appointment/email
Class Meetings & location	SPX pool first two meetings; then different off campus locations (for directions, see below, and sent by email)
Prerequisites:	<ol style="list-style-type: none"><li>1. Swim 100 yards without stopping (any “style”!)</li><li>2. Stay above water for 5 minutes (any unaided method)</li><li>3. Successfully re-enter capsized kayak using paddlefloat</li></ol> Testing for this will be at the second class meeting, which is <b>mandatory</b> . Wear swimsuit.

Check out this class video: <https://www.youtube.com/watch?v=1oBt6-rVN5w>

**Course Description**

Basic skills and safety knowledge for those with little to no experience of flat water kayaking. The emphasis will be on safe operation at all times, identifying local access points for kayaking, and building fitness.

**Course Goals and Student Learning Objectives**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Knowledge of fundamental skills, technique, related to kayaking (evaluate the conditions necessary for safe kayaking, choose appropriate equipment, understand effects of tides/current/weather on kayaks, and plan a trip)
- Proficiency in execution of the kayaking skills covered (safely kayak in flat water)
- An understanding of the history, current research, safety and etiquette associated with kayaking (and about minimizing impact on the natural world as you kayak)
- An understanding of the mental and physical health benefits to be derived from kayaking
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

## Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed
- Identify and/or explain the benefits of physical activity as related to physical and mental health.
- KIN/AT majors only should consider the links between this activity class and scholarship in the field of Kinesiology.

## Text/Readings

Reekie, Shirley H. M. *Beginner's guide to kayaking*. Link to the course reader will be sent to you online. Pop quizzes are based largely on readings.

## Course Content

- a. terminology
- b. equipment selection and use
- c. weather considerations, safety concerns/trip planning
- d. paddle skills, rescues, signaling
- e. rules of the road
- f. packing and loading, car topping
- g. benefits of regular physical activity in nature

## Course Notes

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period. Do NOT take out with you on the water anything that cannot get wet. Leave cell phones, wallets, etc. in your own safe place, and have a secure method of taking your car key with you. Interactions with classmates and the instructor are expected to be respectful at all times
- Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval
- If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations
- Report any accidents or equipment breakage to the instructor immediately.

## Course Requirements, Assignments, and Grading

### Assignments and Grading Policy

Activity	Percentage	
Midterm	5%	TBA depends on weather
Pop quizzes based on readings	total 5%	unannounced beforehand
Final--written	20%	Wed. Dec. 12, 12:15-14:30
Active participation*	30%	3% weekly, no exceptions
Paper (more details on p. 4 )	10%	due date specified later
On water skill assessment	30%	continuously assessed

\* means paddling during the class, 3% each class; late arrival/non-paddling will yield 0% that day

Grades: A = 100-90%, B = 89-80%, C = 79-70%, D = 69-60%, F = less than 60%  
No extra credit is available.

## Class meeting information

Meeting Place: varies (see below)

Time: 1:30-4:20; class meets 3 hrs for at least 10 wks (weather permitting).

Equipment: kayaks, PFDs, paddles, safety gear etc. are provided, **PFDs must be worn on water at all times.**

Clothing: wear clothing that allows for ease of arm movement, shoes that can get wet, and what keeps you both warm and dry. Bring dry clothes; food; hat; sunglasses; WATER!

Transport: provide own transportation to sites

Cost: all parking fees paid by student. Quagga/zebra mussel inspection, one-time inspection fee, \$7. Total est. costs = c. \$30 plus gas.

Locations: sent weekly by email and/or announced at end of previous class; depends on water level in reservoirs or tides for marine access. Some places have a parking/launch fee. **As a last resort**, if you are lost, call me on my cell phone between 1:15 and 1:30 (number given out in class). All directions are from SJSU. Try also <http://www.parkhere.org> and click on Find a Park. Check how to get there the night before! **We don't wait for latecomers....leave plenty of time. Being late, and missing the group, or non-attendance means loss of all that day's participation points. We'll have 10 paddle trips.**

## PLACES TO KAYAK:

We will not go to all these locations but are listed for your use. There are inspections at all freshwater locations due to potential mussel infestation; low water levels currently (!) restrict our paddling places, so need to be flexible; salt water locations require favorable tide; order here is IRRELEVANT.

### *Fresh/non-tidal water*

#### **Lake Cunningham Regional Park, Tully Rd, San José**

280 to 680; exit on Capitol Xway S; after Reid Hillview airport, L on Tully (signs for Raging Waters); follow signs to and park at lake marina (not at Raging Waters)

<http://www.sjpark.org/Parks/RegionalParks/lcp/LakeCunningham.asp>

#### **Anderson Reservoir, Morgan Hill**

Take 101 south, exit at Cochrane and head east. Stay on Cochrane and follow winding road up to dam.

[http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=5ebef6fa8d311110VgnVCM10000048dc4a92\\_\\_\\_\\_&cpsexcurrchannel=1](http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=5ebef6fa8d311110VgnVCM10000048dc4a92____&cpsexcurrchannel=1)

#### **Lexington Reservoir, Los Gatos**

Take 280 to 17 south (toward Santa Cruz); exit at Bear Creek Road, go across overpass and head back north on 17, immediately exit at Alma Bridge and go across dam; parking is on right ¼ mile past dam.

[http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=e7f37d256b784010VgnVCM10000049dc4a92\\_\\_\\_\\_](http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=e7f37d256b784010VgnVCM10000049dc4a92____)

#### **Calero Reservoir, South San Jose**

Take 87 south, exit on Almaden Expressway and continue to end/Harry Road. Turn right on Harry then immediately left on McKean and continue for 3 miles.

[http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=3b4598ba77784010VgnVCM10000048dc4a92\\_\\_\\_\\_](http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=3b4598ba77784010VgnVCM10000048dc4a92____)

### **Stevens Creek Reservoir, Cupertino**

280 exit at Foothill Expressway and drive S on Foothill about 1 mile; becomes Stevens Canyon Road. Stay on Stevens Canyon 2 miles to park entrance on L; park near ramp. Parking AND launch fee, \$5 each! Pay at iron ranger on left BEFORE reaching ramp and display; otherwise you may get ticketed.

[http://www.sccgov.org/portal/site/parks/menuitem.106844a55ca9d5a5dbc2bd4735cda429?path=%2Fv7%2FParks and Recreation, Department of \(DEP\)%2FFind a Park&contentId=c0e18a77d9784010VgnVCM230004adc4a92\\_\\_\\_\\_&cpsextcurrchannel=1](http://www.sccgov.org/portal/site/parks/menuitem.106844a55ca9d5a5dbc2bd4735cda429?path=%2Fv7%2FParks%20and%20Recreation%20of%20DEP%20Find%20a%20Park&contentId=c0e18a77d9784010VgnVCM230004adc4a92____&cpsextcurrchannel=1)

### **Foster City Lagoon** (is salty but not open to sea)

280 to 101N. Exit at Hillsdale Blvd./Foster City (one exit South of the Hwy. 92 - Hwy. 101 interchange). Go east on Hillsdale Blvd. for 1.2 miles (5 stop lights) to Shell Blvd. Right on Shell Blvd. then right again (second possible right) into the Foster City Community Recreation Center parking lot.

<http://www.fostercity.org/Services/recreation/18.cfm>

### *Salt water*

#### **Alviso Marina**

From Highway 101, take Highway 237 (Mt. View-Alviso Road) east, turn left on Gold Street (Lafayette), follow left on Elizabeth Street, right on Hope Street, left on Mill Street. New launch ramp is OPEN!

[http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=1ed37d256b784010VgnVCM22200049dc4a92\\_\\_\\_\\_](http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=1ed37d256b784010VgnVCM22200049dc4a92____)

#### **Palo Alto Baylands**

101 N; exit at Embarcadero and go east. Go left at the T junction, past the duck pond and past the Ranger Station. Go right at the next T junction and keep going past all the parking lots until you see a dock/ramp at the sailing station.

[http://www.cityofpaloalto.org/depts/csd/parks\\_and\\_open\\_space/preserves\\_and\\_open\\_spaces/the\\_baylands.asp](http://www.cityofpaloalto.org/depts/csd/parks_and_open_space/preserves_and_open_spaces/the_baylands.asp)

#### **Redwood City—Bair Island/Corkscrew Slough**

280 to 101 N, exit at Seaport Blvd; left on Chesapeake; park near boat ramp

<http://www.redwoodcityport.com/html/Launchramp.htm>

#### **Newark Slough**

280 to 880 N to 84W; exit at Paseo Padre (Thornton Rd S if from W); R at Marshlands Rd, look across highway for boat ramp/car park—no signs! If you pass Don Edwards sign, turn around!!

<http://gotoes.org/put-ins/PutInViewer.pl?site=67>

#### **Elkhorn Slough**

Near Moss Landing on Highway 1. We don't have enough class time to paddle here but it is one of the BEST places to kayak! See seals, otters, and sea lions. Go to <http://www.elkhornslough.org/>

#### **Kayaking links**

local sea kayaking group: <http://bask.org/>

places to rent kayaks at Santa Cruz and Moss Landing: [www.kayakconnection.com](http://www.kayakconnection.com)

tide predictions: [http://co-ops.nos.noaa.gov/tide\\_predictions.html](http://co-ops.nos.noaa.gov/tide_predictions.html)

**Paper** (worth 10% of grade and due by stated date before class. NO exceptions!)

Chose from one of these topics or chose own topic agreed with instructor beforehand. The key point here is to have the local angle! **Paper must be between 3 and 5 pages with at least two references cited in the paper.** APA style preferred, any recognized style accepted. Make it a fun project that interests you, not busy work!

- how tides work in the SF bay area and how this affects kayakers (maybe visit US Corps of Engineers “Bay Model” in Sausalito)
- any aspect of weather forecasting for the SF bay area and what kayakers should know
- how climate change may affect the SF bay area from the kayaking perspective
- what are the most common forms of litter in SF bay area sloughs and their impact on kayakers and wildlife
- a personal reflection on what the class has taught you about the links between people and nature
- a linking of your major to kayaking (e.g. geology—rock/soils seen; engineering—kayak design; communication—communication during kayaking/class; kinesiology—exercises/stretchches for kayakers; etc.)

Grade will be determined by:

Depth and quality of subject matter presented 8%

Writing—correct grammar and spelling; references cited in text of essay 2%

### **University Policies**

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

## Course Calendar

subject to change with fair notice by announcement in class and/or email

<b>Week</b>	<b>Course Content (Assignments, Exams/Quizzes)</b>
1	Introductions; syllabus explanation
2	In indoor pool for swim test, treading water test, and kayak re-entry drill
3	Fresh water location: Vasona, Los Gatos; basic strokes; unload/load trailer
4	Fresh water location TBD: recap basic strokes; add more; increase distance
5	Fresh water location TBD: recap all strokes; increase distance
6	Fresh water location TBD: towing, bulldozing, other rescues; increase distance
7	Midterm test of all skills learned so far
8	Salt water location TBD; tides/currents; increase distance
9	Salt water location TBD; wind effect on kayak; increase distance
10	Salt water location TBD; plan trip; increase distance
11	Salt water location TBD; plan trip; increase distance
12	Salt water location TBD; "Rules of the Road" and basic chart navigation
13	Salt water location TBD; need for scouting/portage; increase distance
14	Make up
15	Written final

Note: the final is WEDNESDAY, Dec. 12, 12:15-14:30