

Department of Kinesiology

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San José State University

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Office hours: By appointment

### **KIN 10A(1) – BEGINNING KAYAKING F 1:30-4:20**

Course description: Beginning skills and knowledge for those with little or no experience of flat water kayaking. The emphases will be on safe operation at all times, identifying local access points for kayaking, and building fitness.

#### Prerequisites:

1. Swim 100 yards without stopping (any “style”!)
2. Tread water for 5 minutes (any unaided method)
3. Exit from an overturned kayak and re-enter using paddlefloat

You must show you can meet these requirements before kayaking. **Test date: Fri. Feb**

**3. Attendance on this test date is mandatory.** Wear swimsuit underneath regular clothes.

Student Learning Objectives: Upon completion of course, the student will be able to:

1. demonstrate the acquisition and application of basic kayaking skills, to be able o paddle safely in flat water conditions
2. evaluate the conditions necessary for safe kayaking, choose appropriate equipment, and plan a trip
3. understand the physical and mental well being that comes from kayaking, and about minimizing impact on the natural world as you kayak
4. demonstrate an understanding of the basic terminology, applicable history, etiquette, current research and practice, and applications of this cognitive knowledge of kayaking

Course content: Terminology, equipment selection and use, weather considerations, safety concerns/trip planning, paddle skills, rescues, rules of the road, packing and loading, car topping, signaling

#### Evaluation:

	worth	date
Midterm 1 prereq test [SLO 1, 3]	15%	Feb 3
Midterm 2 skill test on water [SLO 1, 3]	15%	TBA depends on weather
Final--written [SLO 2, 4]	30%	Friday May 11, 1:30
Participation (by paddling) [SLO 1, 3, 4]	30%	3% weekly, no exceptions
Paper (more details on p. 4 ) [SLO 2, 4]	10%	due on or before April 20

A = 100-90; B = 89-80; C = 79-70; D=69-60; F = 59 and below

**Required text: Reekie, Shirley H. M. *Beginner’s guide to kayaking.*** This course reader is available online and IS REQUIRED! So is reading it!!

Equipment/clothing/transportation/fees: kayaks, PFDs, paddles, safety gear etc. are provided; 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! Provide own transportation to sites. Class has \$5 fee, all parking/launch fees paid by student. Quagga/zebra mussel inspection one-time inspection fee \$7. Total fees = c. \$30. Bring notebooks/pencils to class. **PFDs must be worn on water at all times.**

**Academic integrity statement** (from Office of Judicial Affairs): “Your own commitment to learning, as evidenced by your enrollment at San José State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the Office of Judicial Affairs.” The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/S04-12.htm>.

**Campus policy in compliance with the Americans with Disabilities Act**: “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with DRC to establish a record of their disability.”

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**, or if you are lost, call me on my cell phone between 12:45 and 1:15 (number given out in class). All directions are from SJSU. Try also [www.parkhere.org](http://www.parkhere.org) 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, means loss of paddling points.**

PLACES TO KAYAK (I may add to this list and we will not go to all these locations; there are problems at all freshwater locations due to potential mussel infestation, so need to be flexible on this; salt water requires 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.sjparks.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\\_\\_\\_\\_&cpsextcurrchannel=1](http://www.sccgov.org/portal/site/parks/parksarticle?path=%252Fv7%252FParks%2520and%2520Recreation%252C%2520Department%2520of%2520%2528DEP%2529&contentId=5ebef6fa8d311110VgnVCM10000048dc4a92____&cpsextcurrchannel=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=e7f37d256b784010VgnVCM2200049dc4a92>

### **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>

### **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 &cpsexcurrchanne1=1](http://www.sccgov.org/portal/site/parks/menuitem.106844a55ca9d5a5dbc2bd4735cda429?path=%2Fv7%2FParks%20and%20Recreation,%20Department%20of%20(DEP)%2FFind%20a%20Park&contentId=c0e18a77d9784010VgnVCM230004adc4a92&cpsexcurrchanne1=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=1ed37d256b784010VgnVCM2200049dc4a92>

### **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

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

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

[http://co-ops.nos.noaa.gov/tide\\_pred.html](http://co-ops.nos.noaa.gov/tide_pred.html) (for tide predictions)

**Paper** (worth 10% of grade and due by May 4 before class. NO exceptions!)

Chose from one of these topics or chose own topic but this must be agreed with instructor before hand. The key point here is to have the local angle! Paper must be between 3 and 5 pages with at least two references. APA style preferred, any recognized style accepted.

- how tides work in the bay area and how this affects kayakers
- any aspect of weather forecasting for the bay area and what kayakers should know
- how climate change may affect the bay area from the kayaking perspective
- what are the most common forms of litter in bay area sloughs and their impact on kayakers and wildlife
- any aspect of equipment or clothing selection/use/evaluation for kayaking locally
- a personal reflection on what the class has taught you about the links between people and nature

Grade will be determined by:

Depth and quality of subject matter presented 8%

Writing 2%