

**San José State University**  
**Kinesiology**  
**Beginning Kayaking KIN 10A, Section 1, Fall 2015**

**Instructor:** Shirley H. M. Reekie, PhD  
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**Office Hours:** By arrangement; by email; by phone  
**Class Days/Time:** Fridays, 1:00-3:50  
**Classroom:** Various (see below for directions; also sent by email)  
**Prerequisites:** See below

**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

**Prerequisites** (tested at indoor pool Fri. Aug. 28 [swimming] and Sept 4 [kayak rescue skills])

1. Swim 100 yards without stopping (any “style”!)
2. Stay above 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. **Attendance at these classes is mandatory.** Meet at indoor pool with swimsuit on underneath regular clothes. Brief lecture first. Meet at location weekly thereafter.

**Course Goals and Student Learning Objectives**

Upon successful completion of this course, students will be able to:

1. demonstrate the acquisition and application of basic kayaking skills, to be able to paddle safely in flat water conditions
2. evaluate the conditions necessary for safe kayaking, choose appropriate equipment, understand effects of tides/current on kayaks, 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:**

- 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

### Required Texts/Readings

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

### Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at [http://www.sjsu.edu/academic\\_programs/calendars/academic\\_calendar/](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/). Click on [Late Drop Policy](#) to see it. Students should be aware of the current deadlines and penalties for dropping classes. Information about the latest changes and news is available at the [Advising Hub](#).

### Assignments and Grading Policy (SLO's are on department website) date

Midterm SLO # 1, 2	5%	TBA depends on weather
Pop quizzes based on readings SLO # 2	5%	unannounced beforehand
Final--written SLO # 1, 2	20%	Fri. Dec. 4 at SJSU in class
Participation (by paddling) SLO # 1, 3, 4	30%	3% weekly, no exceptions
Paper (more details on p. 4 ) SLO # 2	10%	due on or before Fri. Nov. 20
On water skill assessment SLO #1, 3, 4	30%	continuously assessed

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

### Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San José State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at [http://www.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy S07-2 requires approval of instructors.

### Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make 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 the [Disability Resource Center](#) (DRC) to establish a record of their disability.

### **Class meeting information**

Meeting Place: varies (see below)

Time: 1:00-3:50; 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/launch fees paid by student. Quagga/zebra mussel inspection, one-time inspection fee, \$7. Total est. costs = c. \$30 plus gas.

### **Tentative schedule**

Week 2-3: meeting and testing in pool (required attendance)

Weeks 4-6: learning basic paddlestrokes and skills at fresh water locations

Week 7: (approx timing of class) midterm and additional rescue techniques

Weeks 8-13: improving technique, increasing distance on salt water locations

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 1:00 (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, means loss of paddling points.**

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.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=c0e18a77d9784010VgnVCMP230004adc4a92\\_\\_\\_&cpsexcurrchannel=1](http://www.sccgov.org/portal/site/parks/menuitem.106844a55ca9d5a5dbc2bd4735cda429?path=%2Fv7%2FParks and Recreation, Department of (DEP)%2FFind a Park&contentId=c0e18a77d9784010VgnVCMP230004adc4a92___&cpsexcurrchannel=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 Nov. 20 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. APA style preferred, any recognized style accepted.

- how tides work in the SF bay area and how this affects kayakers
- 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

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%