

# COURSE SYLLABUS



**COURSE TITLE: KIN 135 – Introduction to Outdoor Sports**

CLASS SECTION: 001

TERM: Fall 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture and lab delivery

For COVID-19 updates please visit <https://camosun.ca/about/covid-19-updates>.

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

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*Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.*

## INSTRUCTOR DETAILS

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NAME: Anthony Pluta

EMAIL: [plutaa@camosun.ca](mailto:plutaa@camosun.ca)

OFFICE: PISE 306G

HOURS: By Appointment

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

## CALENDAR DESCRIPTION

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Course Description: Students will study the skills and practices required for the competent performance of a variety of outdoor-based activities and sports. Students will study correct technique, appropriate equipment selection and care, and basic safety considerations. They will develop an understanding of health and fitness outcomes associated with participation in various land and marine-based sports. Students will also examine important sociocultural aspects of outdoor sports including Indigenous ways of being and knowing, natural history and environmental sustainability.

\*Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

PREREQUISITE(S): N/A

CO-REQUISITE(S): N/A

EQUIVALENCIES: N/A

## COURSE LEARNING OUTCOMES / OBJECTIVES

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Upon successful completion of this course a student will be able to:

- Demonstrate knowledge of potential health & fitness benefits from regular participation in outdoor-based activities & sports.

- Demonstrate fundamental techniques, basic navigation skills & safety procedures for land and marine--based activities & sports.
- Explain proper selection, preparation, & care of equipment for land and marine-based activities & sports.
- Identify the potential environmental & sociocultural impacts of various land & marine-based activities & sports.
- Identify key natural history characteristics of coastal British Columbia that can enhance the experience of participating in land & marine-based activities.
- Demonstrate basic knowledge and appreciation of Indigenous ways of being, knowing, & relationship to the land.
- Identify local & provincial resources/associations & advanced learning opportunities for a variety of outdoor-based activities & sports.

#### REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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- a) Equipment:
  - Hiking and running footwear
  - Backpack; water bottle; sun protection
  - Appropriate attire for cycling, paddling & swimming
- b) Other: Various assigned readings identified throughout the course

#### COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

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The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

KIN 135 001 – Fall Schedule 2024 (Subject to change)  
 Instructor: Kerry Wadsworth

| Week of                   | Labs Off Site<br>Thursdays, 2:00-4:00 PM  | Lecture Sessions @ CHW 350<br>Fridays, 12:30-2:20 PM  | Assignments/Weekend Activities   |
|---------------------------|---|---|--|
| WEEK 1<br>Sept. 2-7       | Sept. 5<br>1:30-2:30 - Classroom Booking – PISE 330<br>Course Introduction & Themes<br>Activities Prep. | Sept. 6<br>Cycling PP #1 – Physiological Impact<br><br>RAGBRAI  | D2L Cycling Quizzes (4)<br>Open Friday, Sept. 6 @ 5:00 PM<br>Due Sunday, Sept. 29 @ 11 PM<br>#1. General Information<br>#2. Safety<br>#3. Bike Components<br>#4 Training & Application |
| WEEK 2<br>Sept. 9-13      | Sept. 12<br>Bike Clinic @ The Pedaler<br>Cycle #1 - 12 K  | Sept. 13<br>Cycling PP #1 – Physiological Impact<br><br>TDF PP  |  |
| WEEK 3<br>Sept. 16-20     | Sept. 19<br>Cycling Trip #2 Thetis Lake<br>Meet @ The Pedaler   | Sept. 20<br>Cycling PP #2 – Cycling Overview<br><br>Capital Bike Guest Speaker @ 12:30<br>Exec. Dir. - Colleen<br><br>Dragon Boating PP | D2L Paddling Quizzes (5)<br>Open Friday, Sept. 20 @ 5:00 PM<br>Due Sunday, Oct. 13 @ 11 PM<br>#1. Nautical Knowledge & Safety<br>#2. Kayak<br>#3. Outrigger<br>#4. SUP<br>#5. DB       |
| WEEK 4<br>Sept. 23-27     | Sept. 26<br>Paddling Introduction Session #1<br>Dragon Boating<br>Lab Location: VI Paddling             | Sept. 27<br>Kayaking PP<br><br>SUP PP<br><br>OC PP  |  |
| WEEK 5<br>Sept. 30-Oct. 4 | Oct. 3<br>Paddling Session #2<br>Lab Location: Ocean River Adventure Centre                             | Oct. 4<br>Orienteering PP<br><br>Cycling Exam   |  |
| WEEK 6<br>Oct. 7-11       | Oct. 10<br>Paddling Session #3<br>Lab Location: Ocean River Adventure Centre                            | Oct. 11<br>Orienteering PP<br><br>Orienteering Event on Campus  | D2L Hiking/Orienteering Quizzes (2)<br>Open Friday, Oct. 18 @ 5 PM<br>Due Sunday, Nov.3 @ 11 PM<br>#1. Orienteering & Adventure Racing<br>#2. Hiking & Indigenous Information          |
| WEEK 7<br>Oct. 14-18      | Oct. 17<br>Paddling Session #4<br>Lab Location: Ocean River Adventure Centre                            | Oct. 18<br>Paddling Exam  |  |
| WEEK 8<br>Oct. 21-25      | Oct. 24<br>Paddling Back up Date  | Oct. 25<br>Hiking PP<br>Indigenous Concepts   |  |
| WEEK 9<br>Oct. 28-Nov.1   | Oct. 31<br>Hiking @ Beaver Lake<br>CRD Guide  | Nov. 1<br>Hiking PP<br>In-class Eco-Adventure Research & Delivery   |  |
| WEEK 10<br>Nov. 4-8       | Nov. 7<br>Orienteering @ Beaver Lake  | Nov. 8<br>Hiking-O Exam   |  |
| WEEK 11<br>Nov. 11-15     | Nov.14<br>Hiking @ Thetis Lake  | Nov. 15<br>Swim PP<br>In-class Research<br>Aquatics Assignment  | D2L Aquatics Quiz (1)<br>Open Friday, Nov. 15 @ 5 PM<br>Due Sunday, Nov. 24 @ 11 PM<br>#1. Swimming  |
| WEEK 12<br>Nov. 18-22     | Nov.21<br>1:45-3:00 Swim #1 tentative<br>To be confirmed  | Nov. 22<br>Swim PP<br><br>Aquatics In-class Team Delivery   |  |
| WEEK 13<br>Nov. 25-29     | Nov. 28<br>1:45-3:00 Swim #2  | Nov. 29<br>Aquatics Exam  |  |
| WEEK 14<br>Dec. 2-6       | Dec. 5<br>1:45-3:00 Swim #3   | Dec. 6<br>Back-up/In lieu   |  |

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

|  |             |
|--|-------------|
| 1. Written Module Exams<br>Module exams will address the Learning Outcomes of the course.  |             |
| • Paddling   | 10%         |
| • Cycling  | 10%         |
| • Hiking, Orienteering   | 10%         |
| • Aquatics   | 10%         |
| 2. Lab/Practical Participation & Contribution  | 30%         |
| • Kayaking, Outrigger, Stand Up Paddling (SUP)   |             |
| • Cycling  |             |
| • Hiking, Orienteering   |             |
| • Aquatics   |             |
| 3. Team Assignments (In-class)<br>a) Cycling Research<br>b) Paddling Research<br>c) Eco-Adventure Research<br>d) Aquatics research   | 6%          |
| 4. Lecture & D2L Assignments<br>D2L assignments will address the Learning Outcomes of the course, with specific emphasis listed below:<br><b>D2L Cycling Quizzes (4). Open Friday, Sept. 13 @ 5 PM. Due Sunday, Sept. 29 @ 11 PM</b> <ul style="list-style-type: none"> <li>• Demonstrate fundamental techniques, basic navigation skills &amp; safety procedures</li> <li>• Explain proper selection, preparation, &amp; care of equipment</li> <li>• Environmental/social impacts and key natural history characteristics</li> </ul> <b>#1. General Information</b><br><b>#2. Safety</b><br><b>#3. Bike Components</b><br><b>#4. Training &amp; Application</b><br><b>D2L Paddling Quizzes (5). Open Friday, Sept. 20, 5:00 PM. Due Sunday, Oct. 13 @ 11 PM</b> <ul style="list-style-type: none"> <li>• Demonstrate fundamental techniques, basic navigation skills &amp; safety procedures</li> <li>• Explain proper selection, preparation, &amp; care of equipment</li> <li>• Environmental/social impacts and key natural history characteristics</li> </ul> <b>#1. Nautical Knowledge &amp; Safety</b><br><b>#2. Kayak</b><br><b>#3. Outrigger</b><br><b>#4. SUP</b><br><b>#5. Dragon Boating</b><br><b>D2L Hiking/Orienteering Quizzes (2). Open Friday, Oct. 18 @ 5 PM. Due Sunday, Nov.17 @ 11 PM</b> <b>#1. Orienteering &amp; Adventure Racing</b> <ul style="list-style-type: none"> <li>• Demonstrate fundamental techniques, basic navigation skills &amp; safety procedures</li> <li>• Environmental/social impacts and key natural history characteristics</li> </ul> <b>#2. Hiking &amp; Indigenous Information</b> <ul style="list-style-type: none"> <li>• Environmental/social impacts</li> <li>• Key natural history characteristics</li> <li>• Basic knowledge &amp; appreciation of Indigenous ways of being, knowing, &amp; relationship to the land.</li> <li>• Basic navigation skills &amp; safety procedures</li> </ul> <b>D2L Aquatics Quiz. Open Friday, Nov. 15 @ 5 PM. Due Sunday, Nov. 24 @ 11 PM</b> <ul style="list-style-type: none"> <li>• Demonstrate fundamental techniques, basic navigation skills &amp; safety procedures</li> <li>• Identify local &amp; provincial resources/associations &amp; advanced learning opportunities</li> </ul> <b>#1. Swimming</b> | 24%         |
| <b>TOTAL</b>   | <b>100%</b> |

## COURSE GUIDELINES & EXPECTATIONS

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**Exams:** Students should avoid making prior travel, employment, or other commitments for this period. If a student is unable to write an exam through no fault of his or her own for medical or other reason, valid documentation must be provided and it must be discussed with the instructor well in advance of the exam date. If the student is absent for an exam (written or practical) and has not made arrangements with the instructor in advance, a zero grade will be applied.

**\*PRACTICAL COMPONENT MARKING SCHEME (28% of course grade):**

A large component of this course is practical ("learn to" in nature) and therefore attendance and participation in each activity is strongly recommended. **For each lab/practical session, participants will be provided with an assignment that must be submitted at the end of the session.** Attendance will be taken during lab/practical session. If you are late, it is YOUR responsibility to ensure you have been marked as present & that you obtain & submit the designated assignment. Each lab/practical session you will be assigned a grade out of 3 as follows for participation/contribution:

|     |   |
|-----|---|
| 3/3 | Punctual arrival/stays until end of class, good class participation/contribution, positive attitude/effort, assignment submitted. |
| 2/3 | Missing one of the above.   |
| 1/3 | Missing two of the above.   |
| 0/3 | Unexcused absence.  |

**In consultation with the instructor, any student who was unable to attend a lab/practical session may be required to perform a make-up assignment or attend a make-up session. This consultation must occur within 1 week of the excused absence.**

### Professional standards for students

- Students are expected to exhibit polite, mature and respectful behaviour in class (lectures, labs, seminars or practicums) and actively participate as needed.
- Students are expected to arrive for class on time. This is especially critical when there are guest speakers for the class concerned. If students are late for a valid reason they should enter by the door at the back of the classroom, if available, with materials out and ready to be used.
- Students are expected to not wear headphones or ear-buds in class. Cell phones, laptops and tablets should only be used at the discretion of the instructor. The consequences of inappropriate cell phone, laptop or tablet use may include a request to leave the classroom and/or potential forfeiture of class participation marks, if applicable. If cell phones must be used or checked during class, please leave the room to do so.
- Students are expected to conduct themselves in a manner that maximizes the learning of all students. If students are distracting other members of class they will be asked to leave the classroom. Please wait until a class-break to take garbage or recyclables to the appropriate bins.
- Students are expected to dress appropriately for the class/lab concerned. If making a presentation in class, students are expected to dress as though making a presentation at an important job interview.
- Students are expected to maintain good personal hygiene standards for all classes. If students have been active immediately prior to a class/lab, they should make an attempt to shower/wash prior to attending class and/or change into clean dry clothing/shoes. Please be considerate to others and do not wear overpowering perfumes or scents.
- Students should not expect instructors, instructional assistants, or any other CSEE staff to answer emails after 5pm or on weekends. While many instructors will check email occasionally after-hours, this is at their discretion and cannot be guaranteed.

*Policy on Calculators:* Calculators will be permitted during tests. Permission is restricted to non-programmable calculators only. Cell phone calculators cannot be used.

*Policy on Cell Phones, other Electronic Devices (iPods etc.):* Cell phones and other electronic devices are not to be used during scheduled class and lab times.

*Exam and Assignment Scheduling Policy:* The course exams and assignments are pre-scheduled by the instructor and written or due as outlined in this course outline.

*Late Assignments:* Late assignments will not be accepted. If a student will miss a class due to illness, it is expected that the assignment will be emailed to the instructor prior to the date and time that it is due.

Papers and/or assignments that are deemed unacceptable by the faculty will be returned and receive an automatic 10% deduction on the grading of said item. Papers and / or assignments will receive a 10% per day deduction thereafter. After the 5th day the assignment will receive a grade of 0%. Failure to turn in an assignment may result in an incomplete final grade being assigned for the course.

Reasons that a faculty may deem an item unacceptable include but are not limited to the following:

- Grammar
- Spelling
- Content
- Punctuation
- Inappropriate referencing /citations

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

| Support Service                     | Website   |
|-------------------------------------|---|
| Academic Advising                   | <a href="http://camosun.ca/advising">http://camosun.ca/advising</a>                       |
| Accessible Learning                 | <a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a> |
| Counselling                         | <a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>                 |
| Career Services                     | <a href="http://camosun.ca/coop">http://camosun.ca/coop</a>                               |
| Financial Aid and Awards            | <a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>               |
| Help Centres (Math/English/Science) | <a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>               |
| Indigenous Student Support          | <a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>                   |
| International Student Support       | <a href="http://camosun.ca/international/">http://camosun.ca/international/</a>           |
| Learning Skills                     | <a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>           |
| Library                             | <a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>     |
| Office of Student Support           | <a href="http://camosun.ca/oss">http://camosun.ca/oss</a>                                 |
| Ombudsperson                        | <a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>                           |

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| Support Service    | Website   |
|--------------------|---|
| Registration       | <a href="http://camosun.ca/registration">http://camosun.ca/registration</a>     |
| Technology Support | <a href="http://camosun.ca/its">http://camosun.ca/its</a>                       |
| Writing Centre     | <a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a> |

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If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

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## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### **Academic Integrity**

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities:

<https://camosun.libguides.com/academicintegrity/welcome>

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

### **Academic Accommodations for Students with Disabilities**

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started: <http://camosun.ca/services/accessible-learning/>

### **Academic Progress**

Please visit [https://www.camosun.ca/sites/default/files/2021-05/e-1.1\\_0.pdf](https://www.camosun.ca/sites/default/files/2021-05/e-1.1_0.pdf) for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### **Course Withdrawals Policy**

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### **Grading Policy**

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### **Grade Review and Appeals**

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### **Mandatory Attendance for First Class Meeting of Each Course**

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<https://camosun.ca/registration-records/policies-and-procedures-students/registration-policies-students>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### **Medical / Compassionate Withdrawals**

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### **Sexual Violence and Misconduct**

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://www.camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-370-3841

### **Student Misconduct (Non-Academic)**

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

### **Looking for other policies?**

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.