

COURSE SYLLABUS



COURSE TITLE: KIN135 Introduction to Outdoor Sports

CLASS SECTION: 003

TERM: Fall 2023

COURSE CREDITS: 3.0

DELIVERY METHOD(S):

Lecture/Seminar Thursdays 12:30-2:20 [TECH 173]

Lab Tuesdays 2:00-4:00 [locations vary by activity]

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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

NAME: Tanis Farish (lectures) & Anthony Pluta

EMAIL: farishT@camosun.ca & PlutaA@camosun.ca

OFFICE: T Farish: PISE 212F, PISE 306

OFFICE HOURS: By appointment

COURSE LEARNING OUTCOMES / OBJECTIVES

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.
- Understand and explain relevant equipment and safety measures.
- Identify the potential environmental & sociocultural impacts of various land & marine-based activities & sports.
- 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

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Required materials:

- Hiking and running footwear (please no sandals, high heeled shoes etc., only active footwear)
- Active wear suitable for weather on lab activity days
- Sunscreen, water, snack, small back pack for lab days
- Binder to store resources and personal tracking sheets

Recommended Reading:

- There is no required text book for this course, any required articles will be posted by the instructor
- Recommended books to expand understanding and relevance of outdoor activity to personal wellness:
 - 1) Richard Louv. Last Child in the Woods: Saving Our Children From Nature Deficit Disorder. *Algonquin Books (2008)*.
 - 2) Richard Louv. The Nature Principle. *Algonquin Books (2012)*.

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

Due to the complexity of booking the off-campus activities, this outline is subject to change.

WEEK or DATE RANGE	ACTIVITY or TOPIC	ADDITIONAL INFO
September 7	Course intro and general overview	Location TECH 173
September 12 LAB	Paddling #1 – <i>Ocean River Sports</i>	
September 14 LEC	Fitness, health and the outdoors	
September 19 LAB	Paddling #2- <i>Ocean River Sports</i>	
September 21 LEC	Kayaking overview	
September 26 LAB	Paddling #3- <i>Palli -Thetis Lake Paddling</i>	
September 28 LEC	Lecture – presentation format and practice	
October 3 LAB	Paddling #4 – Palli – Thetis Lake	
October 5 LEC	Kayaking Overview – in class seminar	
October 10 LAB	Mitch Thacker – Bike Safety and Mechanics Clinic	
October 12 LEC	Guest Speaker – Cycling BC	
October 17 LAB	Cycling #2 – Hartland Bike Park	
October 19 LEC	Cycling – seminar and presentations	
October 24 LAB	Cycling #3 – Hartland Bike Park	

October 26 LEC	Quiz 1 and Project Overview	10%
October 31 LAB	Hiking – CRD guided hike Francis King Park	
November 2 LEC	Hiking Overview – in class seminar	
November 7 LAB	Hiking/Trail Running – <i>MacKenzie Bight Mount Work or Francis King</i>	
November 9 LEC	Guest Speaker 12:30-1:30, Graham Richard (Haida Parks and Stewardship) – complete assigned readings	
November 14 LAB	Hiking/Trail Running- <i>Thetis Lake Park</i>	
November 16 LEC	Built Environment – Disc Golf/Orienteering	
November 21 LAB	Disc Golf	
November 23 LEC	Rock Climbing Overview – in class seminar	
November 28 LAB	Rock Climbing - CARSA	
November 30 LEC	Quiz #2 Disc Golf	10%
December 5 LAB	Rock Climbing - CARSA	
December 7 LEC	<i>Wrap up & Personal Sport Plan Due</i>	

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

DESCRIPTION	WEIGHTING
Quiz #1 – October 26 th	10%
Quiz #2 – November 30 th	10%
Lab fitness worksheets and participation – at the end of each lab complete activity reflection	30%
Student seminar discussion presentations – in class 4 x 5% each (one for each sport listed, see dates in schedule)	20%
Personal sport plan – Due December 9	30%
TOTAL	100%

STUDENT RESPONSIBILITY

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. Cell phones are not permitted during class. Please arrive on time and in weather appropriate gear.

SUPPORTS AND SERVICES FOR STUDENTS

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/>.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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 Integrity

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

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.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" (<http://camosun.ca/learn/calendar/current/procedures.html>) 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://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

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.

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.