

# COURSE SYLLABUS



COURSE TITLE: KIN135 Introduction to Outdoor Sports

CLASS SECTION: 003

TERM: September 6-December 10, 2022 [Fall 2022]

COURSE CREDITS: 3.0

DELIVERY METHOD(S): Lecture/Seminar Mondays 12:30-2:20 [PISE 329B]

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

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

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](#).

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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: Kai Riecken, PhD

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

OFFICE: PISE 306 G

OFFICE HOURS: Wednesdays 2:00-3:00 (or by appointment)

## 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.
- 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

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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

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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 9	Course intro and general overview	Location CHW348
September 12 LEC	Fitness, health and the outdoors	
September 16 LAB	Paddling #1 – <i>Ocean River Sports</i>	
September 19 LEC	Kayaking overview	
September 23 LAB	Paddling #2- <i>Ocean River Sports</i>	
September 26 LAB	Paddling #3- <i>Ocean River Sports</i>	
September 30	<b><i>No class – statutory holiday</i></b>	
October 3 LEC	SUP overview	
October 7 LAB	Paddling #4- <i>Ocean River Sports</i>	
October 10	No class – statutory holiday	
October 14 LAB	Cycling or Dragon Boating #1- TBD	
October 17 LEC	Guest Speaker or Cycling Overview	
October 21 LAB	Cycling #2 - TBD	
October 24 LEC	Guest Speaker or Cycling overview	

October 28 LAB	Cycling #3	
October 31 LEC	Quiz 1	10%
November 4 LAB	Hiking – CRD guided hike Francis King Park	
November 7 LEC	TBD	
November 11 LAB	No class – <i>statutory holiday</i>	
November 14 LEC	Hiking/Trail Running overview	
November 18 LAB	Hiking/Trail Running – <i>MacKenzie Bight Mount Work or Disc Golf</i>	
November 21 LEC	TBD	
November 25 LAB	Hiking/Trail Running- <i>Thetis Lake Park</i>	
November 28 LEC	Outdoor adventure (rock climbing, orienteering, other)	
December 2 LAB	Rock climbing (tentative)	
December 5 LEC	Quiz #2	10%
December 9 LAB	Rock climbing (tentative) <i>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 noticed is required. Deadlines scan 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

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DESCRIPTION	WEIGHTING
Quiz #1 – <i>October 31</i>	10%
Quiz #2 – <i>December 5</i>	10%
Lab fitness worksheets and participation – in class	25%
Student discussion presentations – in class	20%
Personal sport plan – <i>Due December 9</i>	35%
<b>TOTAL</b>	100%

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

## 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/>.

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

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### 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](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 250-3703841

### 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.