

**Northern Marianas College  
CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Fall 2002

**Type of Action:**

New  
 **Modification**  
Cancellation

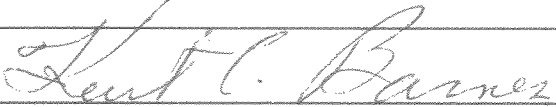

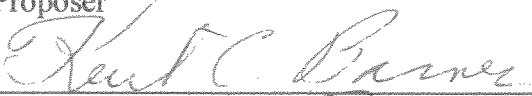




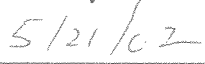




**Course Alpha and Number:** PE 160

**Course Title:** Outrigger Canoeing

**Reason for initiating, modifying, or canceling course, or other pertinent comment:**

The course guide has been modified to reflect the change in department name and the required triennial course guide update.

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Proposer	Date
	
Department Chair	Date
	
Division Review (Dean)	Date
	
English and Format Reviewer	Date
	
Academic Council Chair	Date
	
Vice President for Academic Affairs	Date

**Course Guide****Course: PE 160 Outrigger Canoeing**

**1. Department:** Health, Physical Education, and Athletics

**2. Purpose:**

PE 160 is designed to introduce students to the concepts of paddling an outrigger and the lifetime benefits provided through participation in a paddling program. The lecture component provides an in-depth understanding of the historic and cultural aspects of outrigger canoes, introduction to the components and terms of outrigger canoes, and to the various types of canoes and their origins.

**3. Description:**

**A. Required/Recommended Textbook(s) and Related Materials:**

None

**B. Contact Hours**

1. **Lecture:**
2. **Lab:**
3. **Other:** 2 per week/ 30 per semester

**C. Credits**

1. **Number:** 1
2. **Type:** Regular degree credits

**D. Catalogue Course Description:**

This course is designed to instruct students in the sport and culture of outrigger canoeing. This will include extensive participation and physical training as well as development of nautical skills, swim/drown proofing, canoe safety, racing techniques, and a historic overview of the development of the outrigger canoe in the Pacific region. The course will enhance students' physical development as well as provide motivation through the application and understanding of this indigenous sport. (English Placement Levels: EN 073/074)

**E. Degree or Certificate Requirements Met by Course:**

A passing grade in this course fulfills the Physical Education requirement under General Education for an Associate in Arts degree in Liberal Arts.

**F. Course Activities and Design:**

This course presents skills related to paddling an outrigger canoe, teamwork in maneuvering a canoe, water-safety, drown-proofing, and swimming survival.

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**4. Course Prerequisite(s); Concurrent Course Enrollment:**

**Required English/Mathematics Placement Level(s)**

Course Prerequisite(s): None

Concurrent Course Enrollment: None

English Placement Levels: EN 073/074

**5. Estimated Cost of Course; Instructional Resources Needed:**

To the Student: Tuition for a 1-credit course; instructional materials fee; and a physical education activity fee.

To the College: Instructor's salary:

Instructional resources needed for the course include whiteboard and whiteboard markers, a TV/VCR unit, videotape programs, and appropriate outriggering equipment such as, outrigger canoe(s), paddles, and life jackets.

**6. Method of Evaluation:**

Student learning will be evaluated on the basis of class participation, attendance, a written exam, and fitness testing. NMC's letter grading and attendance policies will be followed.

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### 7. Course Outline:

This is a topical outline and does not necessarily indicate the sequence in which the material is presented.

- 1.0 Introduction to the Outrigger Canoe
  - 1.1 Identification of the canoe
  - 1.2 Historic and cultural aspects of outrigger canoes
  - 1.3 Introduction to components and terms for outrigger canoes
  - 1.4 Introduction to various types of canoes and their origins
  
- 2.0 Community Water Safety
  - 2.1 Staying safe while having fun
  - 2.2 Preparing for water activities
  - 2.3 Water hazards
  - 2.4 Aquatic recreation
  - 2.5 Taking action in an emergency
  
- 3.0 Conditioning and Stretching
  - 3.1 Warm-up and stretching
  - 3.2 Beach run
  - 3.3 Pull-ups, push-ups, sit-ups
  - 3.4 Flutter kicks
  - 3.5 Cool-down and stretching
  
- 4.0 Swimming Survival Skills
  - 4.1 Tread water
  - 4.2 Basic swimming strokes
  - 4.3 Basic water safety skills
    - 4.3.1 On land
    - 4.3.2 In the water
  
- 5.0 Basic Canoe Skills
  - 5.1 Rigging
  - 5.2 Canoe safety
  - 5.3 Types of paddles and their uses
  - 5.4 Paddling and steering techniques
  - 5.5 Commands
  - 5.6 Timing and change-over techniques
  - 5.7 Seat responsibilities
  - 5.8 "Huli" capsize drills

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- 6.0. Outrigger Racing techniques
  - 6.1 Starts
  - 6.2 Turns
  - 6.3 Steering strategies
  - 6.4 Steering in currents and swells
  
- 7.0. Competitive Canoe Racing

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**8. Instructional Goals:**

This course will introduce students to:

- 1.0 Basic water safety and swimming;
- 2.0 Basic canoe, water safety, safe-rescue and survival techniques in deep-water surroundings;
- 3.0 The various terms and components associated with outrigger canoeing;
- 4.0 Proper racing starts and turns of an outrigger canoe;
- 5.0 Knowledge of the historic and cultural application of outrigger canoeing in the Pacific region;
- 6.0 Long distance and sprint canoe competitions;
- 7.0 Proper warm-up, conditioning, and cool-down exercises related to swimming and outrigger canoeing; and
- 8.0 Currents, tides, wave riding, weather conditions, and rigging associated with outrigger canoeing.

**9. Student Competencies:**

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

- 1.0 Successfully complete a basic water safety course and swimming test;
- 2.0 Demonstrate basic canoe, water safety, safe-rescue and survival techniques in deep-water surroundings;
- 3.0 Identify and explain the various terms and components associated with outrigger canoeing;
- 4.0 Show proper racing starts and turns of the outrigger canoe;
- 5.0 Demonstrate knowledge of the historic and cultural application of outrigger canoeing in the Pacific region;
- 6.0 Practice or compete in both long distance and sprint canoe competitions;

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- 7.0 Demonstrate proper warm-up, conditioning, and cool-down exercises related to swimming and outrigger canoeing; and
- 8.0 Demonstrate an understanding of competency with currents, tides, wave riding, weather conditions, and rigging associated with outrigger canoeing.