

Outrigger Canoe I PE/A

Course Syllabus

Semester Course

(1/2 hour lecture/ 2 hour lab)

Course Description:

The course covers the cultural aspects of outrigger, the history and traditions, basic outrigger paddle strokes, helmsman-ship, canoe rigging, transport and maintenance, boating and personal water safety, environmental concerns, team work and communication, physical fitness and an introduction to competitive strategies.

Day 1: Orientation to Paddling

1. History of Hawaiian Outrigger Canoe.
2. Introductions and/or Review of Basic Water Safety
 - Discuss flat water, moving water, and whitewater.
 - Equipment review-paddles, bail bucket, safety bag, flotation devices, etc.
 - Hypothermia/Hyperthermia-prevention through clothing, SPF, hydration, etc.
 - Orientation to Safety-what is expected out of each paddler.
3. Proper Warm-up and Stretching Routine Prior to Paddling.
4. Basic Paddling Skills- Dry Land Instruction
 - The four phases of the outrigger canoe stroke.
 - Basic terminology of the canoe and paddling commands.

Day 2: Personal Safety and Paddling Strokes

1. Review of Water Safety and Equipment.
2. Warm-up, Stretching, and Dry-Land Instruction.
3. Instruction on Launching and Landing the Canoe.
4. Confined Water to Open Water Paddle Training.

Day 3: Practice of Paddling Maneuvers

1. Discussion on the Duties of a Paddler.
2. Introduction to Different Forms of Stroke Technique (Tahitian vs. Hawaiian)
3. View of Videos on Paddling.
4. Warm-up, Stretching, and Water Training.

Day 4: Outrigger Canoe Terminology and Training

1. Diagram of Outrigger Canoe and Terminology.
2. Student Canoe Rigging.
3. Communication in the Canoe.
4. Warm-up, Stretching, and Water Training.

Instructor: Nicole Holbrook

**CCAC Phone # 619-575-6176
Environmental Health # 619-338-2073**

Day 5: Huli - The Art of Righting a Polynesian Canoe

1. Procedure for Righting the Outrigger Canoe.
2. The Steersman is in Charge!
3. Each Paddler has a Responsibility.
4. The Steps of How to Right the Canoe.

Day 6: Steersman, Boating Knowledge, and Training

1. Steersman Responsibilities.
2. Video on Steering a Canoe.
3. Boating Knowledge/Knots.
4. Warm-up, Stretching, and Water Training.
5. Power Drills.

Day 7: Weather, Safety, and Training

1. Know the Weather.
2. Surf/Swells.
3. Care and Prevention of Hypothermia/Hyperthermia.
4. Warm-up, Stretching, and Water Training.

Day 8: Teamwork and Training

1. Videos of Outrigger Canoe Races to Facilitate Teamwork/Technique.
2. Teamwork and Competition.
3. Defining Various Race Distances and Competitions.
4. Warm-up, Stretching, and Water Training.

Day 9: Strength & Conditioning Training for Increased Sports Performance

1. Discuss Various Strength Training Programs to Improve Performance.
2. Endurance Training Outside of Class to Improve Performance.
3. Nutrition.
4. Open Water Training.

Day 10: Fitness Testing

1. Baseline Fitness Testing
2. Describe, Discuss, and Practice Seat Races.
3. Tractor Pulls for 2 minutes.
4. One-man Time Trials.

Day 11: Competitive Racing

1. Practice Race Starts.
2. Discuss Different Stroke Technique and Rate Used in a Race Start.
3. Water Changes for 9-Man Races.
4. View Videos.
5. Huli Drills.

Instructor: Nicole Holbrook

**CCAC Phone # 619-575-6176
Environmental Health # 619-338-2073**

Day 12: Sprint Races

1. Introduce the J Stroke/Hookie and Uni
2. View Videos on the Hawaiian Sprint Race.
3. Practice the Stroke Technique/Rate for a Sprint.
4. Mock Sprint Race.

Day 13: Video Analysis and Evaluation

1. Videotape Student Progress.
2. Open Water Training.
3. Review and Discuss Videotape.

Day 14: Conclusion of Outrigger Canoe

1. Final for the Comprehension of Outrigger Canoe.
 - History, Terminology, Paddlers Responsibilities, and Water Safety.

Grading Policy

Grades are based on attendance and performance. Each day is worth 10 points.

Grading Scale

144-160	A
128-143	B
112-127	C
96-111	D
95 or below	F

This is approximately:

1-2 absences	A
3 absences	B
4 absences	C
5 absences	D

more than 6 absences is an F

Note: This is based on an eight-week course.

Make-up Classes

Make-up classes must be authorized by the instructor. Students may make-up missed classes by attending another class. For example, if you are registered in the Sunday Outrigger class, you may make-up missed classes by attending the Tues/Thurs Outrigger class. However, you must notify the instructor in advance. This is based on seat availability, first come, first serve.

Cancellation Policy

Classes may be cancelled due to unpredictable weather conditions and/or environmental pollutants therefore; make-up classes will be scheduled at a later date. The instructor will inform you of make-up times and dates. Generally, classes are cancelled after a rain storm due to run-off and water contamination. Ask your instructor for the # to call for beach closures/water contamination.