

PE - 250 - Techniques of Surfboard Riding

COURSE OUTLINE OF RECORD

VIII. General Course Information

Subject:*

PE

Course Number:* 250

Descriptive Title:* Techniques of Surfboard Riding

Course Disciplines:*

Physical Education

Division:

Health Sciences and Athletics

Department:*

Physical Science

Catalog Description:*

This course offers instruction in handling of surfboards and practice of safe riding in the surf. Topics such as ocean safety, hazards, currents, tides, weather conditions, wave selection, surfing etiquette, board and wetsuit selection, and paddle technique will be emphasized.

Note: Students may furnish their own surfboards and protective wetsuits to off-campus sites at local beaches. Surfboards and wetsuits are also available for rent on a daily basis.

Conditions of Enrollment:

Prerequisite:

Physical Education 240A with a minimum grade of C or equivalent

Co-requisite:

Recommended

Enrollment Limitation: Must be able to swim 300 yards and tread water for three minutes.

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Hours:* 54

Course Units:* 1

Grading Method: Letter Grade only

Credit Status: Credit, degree applicable

Transfer CSU: Yes
 No

Effective Date: 1/20/2009

Transfer UC: Yes
 No

Effective Date: Fall 2009

General Education ECC: Area 5 - Health and Physical Education

Term: Fall 2009

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term: Fall 2013

Other:

IGETC:

Term:

Other:

IX. Outcomes and Objectives

A. Student Learning Outcomes SLOs (The course student learning outcomes are listed below.)

Student Learning Outcomes:

SLO #1 Paddling

Students will demonstrate knee and prone paddling techniques.

SLO #2 Identify Wave

Students will identify an appropriate wave to ride for their skill level.

SLO #3 Paddling Speed

Students will demonstrate improvement in paddling speed.

B. Course Objectives (The major learning objectives for this course are listed below.)

Course Objectives:

1. Demonstrate proper use and selection of surfboards.
2. Identify the safety hazards related to tides, currents and posted beach regulations.
3. Demonstrate basic skills of maneuvering boards through paddling.
4. Execute proper duck dives and turtle rolls under the white water.
5. Demonstrate the knowledge of the rules and etiquette of surfing.
6. Recognize a variety of rideable waves.
7. Develop an increased level of physical conditioning and improved ocean skills.
8. Develop an understanding and appreciation of the culture and spirit of surfing.

X. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

I. Main Topic (3 hours, lecture)

A. Sub topics

B. Sub topics

1. Super sub topic

2. Super sub topic

Major Topics:

I. Ocean Safety and Hazards (6 hours, lab)

1. Beach rules
2. Currents and tides
3. Weather
4. Swells
5. Rescues
6. Safety

II. History and Equipment of Surfing (4 hours, lab)

1. Evolution of surfboards and products
2. Surfboard
 1. nose
 2. fins
 3. tail
 4. bouyancy
 5. stability
 6. Wet suits

3. Board size

III. Surfboard Control (24 hours, lab)

1. Paddling
 1. prone
 2. posture
 3. stroke technique
 4. balance
 5. speed
 6. standing positions
2. Penetrating waves
3. Duck dives and turtle rolls

IV. Wave Selection (4 hours, lab)

1. Size and conditions
2. Surfing beaches which match level of ability

V. Etiquette (4 hours, lab)

1. Understanding localism
2. Crowds
3. Right of way

VI. Surf Breaks (4 hours, lab)

1. Point breaks

- 1. Point breaks
- 2. Reef breaks
- 3. Beach breaks

VII. Strength and Conditioning (8 hours, lab)

- 1. Beach runs
- 2. Paddle relays
- 3. Cross training
- 4. Stretching

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

XI. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

Primary Method of Evaluation

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation: Demonstrate to instructor proficiency and board control necessary to safely paddle through waves.

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1: Evaluate different types of surfboards based on your ability, body composition and type of waves you would ride and present your findings orally to the class.

Critical Thinking Assignment 2: Distinguish the most ideal surfing conditions versus the most hazardous based on safety, control, tides, wave heights and crowds and present your findings orally to the class.

D. Other Typical Assessment and Evaluation Methods

Other Evaluation Methods:

If Other:

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

Instructional
Methods:

Demonstration

Discussion

Lab

If other:

XIII. Work Outside of Class

Work Outside of Class

Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:

XIV. Texts and Materials

A. Up-to-date Representative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Up-To-Date
Representative
Textbooks:

B. Alternative Textbooks: (Please use the following format: Author, Title, Edition, Publisher, Year. If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.)

Alternative
Textbooks:

C. Required Supplementary Readings

Required
Supplementary
Readings:

D. Other Required Materials

Other Required
Materials:

XV. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite

Prerequisite

Prerequisite

Category

sequential

Requisite course: Physical Education-240A

Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).

Demonstrate swimming skills including floating, treading water, and swimming strokes necessary to swim in the ocean and surf during the activity of surfboard riding.

PE 240A -Demonstrate proper stroke mechanics when swimming freestyle, backstroke, elementary backstroke and sidestroke for a minimum distance of 25 yards.

PE 240A - Apply appropriate mechanics to successfully tread water for one minute.

PE 240A -Apply the principles of buoyancy by successfully changing float positions from prone to supine, and visa-versa.

PE 240A -Successfully complete a 100 yard swim, non-stop, in any of the four strokes taught in the course.

B. Requisite: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). if applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite:

Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each

E. Enrollment Limitations

**Enrollment
Limitations and
Category:**

Must be able to swim 300 yards and tread water for three minutes.

**Enrollment
Limitations Impact:**

Course Created by: Richard Blount

Date: 10/01/2008

Board Approval Date:

**Last Board Approval
Date:** 04/13/2015

**Last Reviewed and/or
Revised by:** Kurt Peters

Date: 10/05/2020