

# KIN A241: SURFING AND OCEAN SAFETY LEVEL 2

Item	Value
Curriculum Committee Approval Date	05/18/2022
Top Code	083500 - Physical Education
Units	2 Total Units
Hours	72 Total Hours (Lecture Hours 18; Lab Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Designed to teach a higher level of fundamentals of board surfing and provide intermediate and advanced surfers the opportunity to safely learn and improve skills to ride more challenging waves. Analysis of paddling, wave selection, equipment, tides, currents, etiquette and water safety are emphasized. PREREQUISITE: Students must be able to swim continuously and unassisted for 15 minutes (any stroke permitted) followed immediately by 5 minutes of treading water; total of 20 minutes in water without holding on to any object; Testing administered first day of class; Students to provide swimsuit and towel; swim goggles optional. ADVISORY: KIN A141. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Self-analyze errors and competitive strategies in all surfing conditions in advanced surfing contests.
2. Know techniques for advanced first aid.
3. Explain likely surfing injuries and proper protocol for handling them, e.g. infections, broken bones, head/neck/spinal injuries, shock and bleeding control.

## Course Objectives

- 1. Identify how to use rip currents to benefit your surfing
- 2. Demonstrate an improved skill level in paddling and turning the surfboard
- 3. Identify conditions and elements for unsafe surfing
- 4. Identify how to use surfing etiquette to catch more and better waves
- 5. Demonstrate the ability to get through the surf line in waves up to five feet

- 6. Demonstrate the ability to get into the proper position to catch the most desirable waves
- 7. Demonstrate the ability to catch waves up to five feet being able to go both left and right
- 8. Demonstrate the ability to ride a short board (if desired)
- 9. Demonstrate the ability to catch and ride a wave on a stand up paddleboard
- 10. Demonstrate the Surfers Awareness in Lifesaving Techniques (SALT) modules
- 11. Create a plan for a surf trip in California outside of Orange County
- 12. Consider joining the Underwater Torpedo League to improve breath control

## Lecture Content

Orientation and Introduction Instructor introduction, background and experience Student introduction, background and experience Swim test in Orange Coast College pool History of OCC Surfing Program Advantages of Surfing Promotes physical and mental health Develops an appreciation for nature and the ocean environment Provides and opportunity to explore coastal features and the marine world Surfboards can be easily transported and the ocean is nearby Fitness and Conditioning Intermediate stretches Intermediate cardiovascular exercises Intermediate anatomical analysis Intermediate endurance training Intermediate weight training Skills, Safe Surfing Ocean Safety Knowing the process and skills of paddling into a steep and larger wave, catching a wave, riding left or right Reading and analyzing a surf/weather forecast Knowledge of different types of point break and their effect on wave shape Knowledge of different types of beach breaks and their effect on wave shape Localism and how to behave and surf as an outsider Knowledge of different types of reef breaks and their effect on wave shape Knowledge of tidal fluctuations and how they affect the surf Physiology of hypothermia and hyperthermia Surfing Equipment Evolution of the surf fin Evolution of surfboard design Evolution of surfboard manufacturing and materials Technology of surfing Different types of surfing (e.g. kite, hydrofoil, SUP) Etiquette Localism and ways of dealing with it Southern California localism (e.g. Windansea, Lunada Bay, Newport Beach Point, Wedge, Salt Creek, etc.) Hawaiian localism and its roots History of surfing and its culture in California

## Lab Content

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## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture; instructor and student demonstration; guest lecturers; feedback; examinations

## Reading Assignments

Students will spend approximately 2 hours a week reading from instructor handouts or self directed readings related to the topic.

## Writing Assignments

- A. Journal with a minimum of two pages of entries of each class meeting
- B. Final paper

## Out-of-class Assignments

Students will spend approximately 3 hours a week outside of class with a combination of surfing, paddling swimming and other conditioning programs. Exploring other water activities (e.g. SCUBA, SUP, Kite Surfing, Hydrofoils, etc.) Surfrider Foundation or similar beach clean-up or other volunteer work for 4 hours

## Demonstration of Critical Thinking

Skill performance tests; skills evaluation; video analysis; attendance; class participation

## Required Writing, Problem Solving, Skills Demonstration

Proficiency demonstration of the following and ability to teach it to beginners: Oral presentation of a wave/weather forecast for the local area  
Oral report on an advanced topic that could include: localism, new surf technology; current local environmental issue Paddling mechanics Going through the surf line Balancing while straddling on the board looking for oncoming swells and quickly turning the board 180 degrees to the right and the left to paddle and catch a wave Reading waves from the shore and while in the lineup Catching a "green" wave Quickly popping up on the surfboard Turning the surfboard to the right and the left Kicking out of a wave Proper wipe out/falling off the board technique Proper head and face protection technique when coming to the surface after falling off

## Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Other Resources

1. Instructor handouts and guest speaker materials as necessary.