KIN A257: SURFING AND OCEAN SAFETY LEVEL 3

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)

Course Description

Designed to teach a higher level of fundamentals of board surfing and provide 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 100 yards non-stop and tread water for five minutes; This prerequisite will be validated in class during the first week of the course; Bring swimsuit. ADVISORY: KIN A141, KIN A241 or instructor permission. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Explain and justify the various types of surfboards appropriate for fast-breaking critical breaks, and advanced breaks.
2. Demonstrate the ability to consistently catch, ride, and exit fast-breaking waves and self-assessment for refinement and improvement.

Course Objectives

- 1. Demonstrate the ability to get through the surf line in waves greater than five feet
- 2. Demonstrate the ability to ride a high performance or short board
- 3. Demonstrate the ability to catch waves greater than five feet
- 4. Demonstrate the ability to catch set waves
- 5. Demonstrate the ability to perform cutbacks on the wave
- 6. Demonstrate the ability to catch fast-breaking waves
- 7. Demonstrate the ability to control the speed of the board
- 8. Demonstrate the ability to get barreled and exiting the tube to complete the ride
- 9. Demonstrate the ability to ride a standup paddle board in overhead surf
- 10. Demonstrate the ability to teach the Surfers Awareness in Lifesaving Techniques (SALT) modules
- 11. Demonstrate the ability to surf in a contest
- 12. Demonstrate the ability to teach beginning surf lessons
- 13. Explain the benefits of the Underwater Torpedo League as an option to improve breath holding capacity
- 14. Create a plan for a group of surfers to for a trip outside the US
- 15. Explain advanced first aid and CPR and build a first aid kit that is equipped with supplies to treat serious injuries common to surfing

Lecture Content

Orientation and introduction Instructor introduction, background and experience Student introduction, background and experience Swim test in Orange Coast College pool History of surfing Advantages of surfing Promotes social awareness of surfing and surf culture Provides psychological well-being through exposure to the ocean environment Promotes wellness through the physical activity and demands of surfing Provides a physical and mental outlet from the everyday stresses of life Fitness and Conditioning Advanced stretches Advanced cardiovascular exercises Advanced anatomical analysis Advanced endurance training Advanced weight training Skills, Safe Surfing and Ocean Safety Skills of paddling into a steeper, larger, and faster wave, and appropriately choosing the proper direction based on wave shape and conditions Reading an advanced surf/weather forecast and identify where in Newport Beach, Huntington Beach and Laguna Beach where the waves will be best Knowledge of extreme tidal fluctuations and how they can benefit the advanced surfer Diagram reef breaks, point breaks and beach breaks and show how they pick up different swells Give a verbal tutorial to beginning and intermediate surfers on localism and surf etiquette Give a verbal tutorial to beginning and intermediate surfers on hypothermia and hyperthermia Surfing Equipment Evolution of surfboard design and fins Different types of surfboards based on shapers intent Technology evolution and its effects on surfing Evolution of surfboard manufacturing and materials Explain the different types of surfing (e.g. kite, hydrofoil, tow-in, SUP, etc.) Etiquett e Impacts of localism and ways of dealing with it History of California and Hawaiian localism History of surf culture in the United States and beyond

Lab Content

Surfing Basics Care for different makes and styles of surfboards Understanding what shapes and types of boards for different spots and conditions Understanding different styles of wetsuits depending on surfing conditions Self-surfboard repair on foam, composite and fiberglass boards International surf contests awareness Enter a local surf contest Advanced breath holding training Paddling Techniques Duck diving through overhead white water Big wave techniques Wipeout preparation and survival Effects of wave speed Advanced paddling training – enter local open water paddling contests Standing Up Different types of breaks and how to ride them Wave speed and posture adjustment Different types of turns Air/acrobatic maneuvers Switch stance

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 3 hours a week reading from instructor handouts, self-directed readings from magazines/websites/books/ videos/etc. recommended by the student and or instructor.

Writing Assignments

Journal with a minimum of 3 pages of entries of each class Final paper (with the topic selected by the student and agreed upon by the instructor)

Out-of-class Assignments

Students will spend approximately 5 hours outside of class working on a combination of: surfing, paddling, swimming Exploring other water activities (e.g. SCUBA, SUP, Kite Surfing, Hydrofoils, etc.) Surfrider Foundation or similar beach clean-up or other volunteer work for 5 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: A. Oral presentation of a wave/weather forecast for the local area Oral report on an advanced topic that could include: localism, new surf technology, book report; environmental issue

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.

Other Resources

1. Selected Handouts Provided by the Instructor