

# KIN A141: SURFING AND OCEAN SAFETY LEVEL 1

| 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  |
| Open Entry/Open Exit   | No  |
| Grading Policy   | Standard Letter (S),<br>• Pass/No Pass (B)                                      |
| Associate Arts Local General Education (GE)                            | • Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2) |
| California State University General Education Breadth (CSU GE-Breadth) | • CSU E2 Activity Course (E2)   |

## Course Description

Designed to teach the fundamentals of board surfing and provide beginning surfers the opportunity to safely learn and improve the skills to ride waves. Introduction of paddling, wave selection, equipment, tides, current, and ocean 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. 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. Exercise proper training techniques needed to improve skills in preparation for effective recreational surfing and amateur competition.
2. Self-analyze errors in surfing skills and competitive strategies and tactics and identify methods of adjustment to enhance performance.
3. Demonstrate proper knowledge of how to safely surf in the ocean.
4. Administer basic first aid for common surfing injuries.

## Course Objectives

1. 1. Identify the causes and hazards related to rip currents and how to get out of them
2. Identify the causes of tides
3. Demonstrate basic skills of handling a surfboard including entering the water

4. Demonstrate basic skills of maneuvering the surfboard by paddling, and using legs to egg beater and sweeping with both arms to quickly turn the board
5. Identify the fundamentals for safe surfing
6. Analyze the elements of surfing etiquette
7. Demonstrate the ability to get through the surf line in waves up to three feet
8. Demonstrate the ability to recognize desirable waves to catch
9. Paddle and catch white water, pop up to two feet into a crouching position and ride the wave straight ahead and to the right and left
10. Demonstrate use of stand up paddle in calm conditions
11. Learn the basic Surfers Awareness in Lifesaving Techniques (SALT) modules
12. Create a plan for a local surf trip within Orange County

## 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 of the ocean environment and nature Provides an opportunity to explore coastal features and the marine world Surfboards can be easily transported and the ocean is nearby Fitness and conditioning Beginning Stretches Beginning Cardiovascular exercises Basic anatomy and muscles used Basic Endurance training Beginning Weight training Skills, safe surfing, and ocean safety Knowing the process and skills of paddling into a wave, catching a wave, and popping up into standing position while riding the wave Safety in the ocean Understanding wind, currents, tides and waves Surfing with a buddy Knowing one's limitations Knowledge of spots where one surfs Knowing the signs and symptoms of hypothermia Knowledge of tsunamis, earthquakes, rogue and freak waves Knowledge of local marine life Surfing equipment Shapes of surfboards (e.g., long, short, fun, fish, gun) Surfboard brands/designs Types of surfboards (e.g., foam/fiberglass, composite, wood, Softops) Number of fins Types of wetsuits and how they function UV protection Racks and straps Accessories Etiquette Location Wave Priority Ability level The "aloha" spirit History of surfing and its culture in Orange County

## Lab Content

Surfing basics Lifting and carrying the board Safely transporting a board(s) Surf racks and tie downs Waxing Paddling Straddling while floating Using a leash Entering/exiting the ocean - stingray shuffle "Punching" through waves Blackball and other flags Paddling techniques Type of strokes Body position Weight distribution Stomach vs. knees Standing up Dry land hop ups Left foot vs. right foot forward (regular vs. goofy foot) Posture Balancing and flexibility drills/exercises Turning the board

## 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 1 hour a week reading from instructor handouts or self directed readings related to the topic.

## Writing Assignments

Journal with a minimum of one page of entries of each class meeting  
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. Surfrider Foundation or similar beach clean-up or other volunteer work for 3 hours Exploring other water activities (e.g. SCUBA, SUP, Kite Surfing, Hydrofoils, etc.)

## 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: Paddling mechanics Going through the surf line Reading waves in the lineup Catching a whitewater wave Catching a green wave Standing 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 of the ocean after falling off

## Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

## Other Resources

1. Selected handouts to be distributed by the instructo