This course is designed to give students the necessary knowledge and skills to safely enjoy surfing. Through a structured lecture laboratory situation, the students will be introduced to the latest techniques and methods for optimum achievement. The course is suited to all performance levels and is organized to allow for individual instruction. UC credit limitations. See counselor.

PREREQUISITES:
- Prior to entering surfing class, students must pass Intermediate ARC Swimming test or produce other official verification of their swimming ability at the first class meeting.

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. evaluate the strengths or weaknesses of his or her program, based on retesting and adjust accordingly.
2. demonstrate, through retesting, the effectiveness of his or her swimming, paddling, and surfing conditioning program.
3. assess and negotiate various surf conditions.
4. explain the various meteorological effects on the ocean and surf.

COURSE OBJECTIVES:
1. Develop an appreciation and respect for the ocean.
2. Develop an understanding of the various meteorological effects on the ocean and surf.
3. Demonstrate the capability to negotiate various surf conditions.
4. Demonstrate, through retesting, the effectiveness of his/her swimming, paddling and surfing conditioning program.
5. Evaluate the strengths or weaknesses of his/her program, based on retesting and adjust accordingly.

COURSE CONTENT:

LECTURE CONTENT:
1. A Brief History of Surfing
   A. Origin and evolution
   B. California surfing
   C. Surfing around the world
2. Politics and Surfing
   A. Construction of breakwaters, harbors, artificial reefs
   B. Pollution
   C. Denial of access
3. Equipment
   A. Selection of surfboards, wetsuits, leashes
   B. Care and repair
   C. Surfboard construction
4. Meteorological Effects, such as:
   A. Seasons
   B. Winds
   C. Currents and tides
   D. Swell direction and charts study
5. Ocean Rescue
   A. Revival techniques
   B. Living hazards, rip-current detection
   C. Safety procedures
6. Conditioning
   A. Paddling techniques
   B. Ocean swimming
   C. Body surfing
7. Stand-up Techniques
   A. Wave judgement
   B. Balance and positioning
   C. Whitewash to swell progression
8. Proper Riding Techniques
   A. Turns
   B. Weighting and unweighting
   C. Cutbacks
   D. Trick maneuvers
   E. Kickouts
9. New adventures
   A. Riding beach break surf
LABORATORY CONTENT:

1. A Brief History of Surfing
   A. Origin and evolution
   B. California surfing
   C. Surfing around the world
2. Politics and Surfing
   A. Construction of breakwaters, harbors, artificial reefs
   B. Pollution
   C. Denial of access
3. Equipment
   A. Selection of surfboards, wetsuits, leashes
   B. Care and repair
   C. Surfboard construction
4. Meteorological Effects, such as:
   A. Seasons
   B. Winds
   C. Currents and tides
   D. Swell direction and charts study
5. Ocean Rescue
   A. Revival techniques
   B. Living hazards, rip-current detection
   C. Safety procedures
6. Conditioning
   A. Paddling techniques
   B. Ocean swimming
   C. Body surfing
7. Stand-up Techniques
   A. Wave judgement
   B. Balance and positioning
   C. Whitewash to swell progression
8. Proper Riding Techniques
   A. Turns
   B. Weighting and unweighting
   C. Cutbacks
   D. Trick maneuvers
   E. Kickouts
9. New adventures
   A. Riding beach break surf
   B. Riding point break surf

METHODS OF INSTRUCTION:

A. Lecture:
B. Lab:
C. Tutoring – noncredit:
D. Direct Study/IS:
E. Field Experience:
F. Independent Study:

INSTRUCTIONAL TECHNIQUES:
COURSE ASSIGNMENTS:
Out-of-class Assignments
1. Participation in field trips
2. Participation in surf contests

Writing Assignments
1. Written self evaluation assignments such as surf analysis for when the tide is going out or coming in.
2. Demonstration of fitness development related to surfing.
3. Demonstration of safety procedures.

Reading Assignments
1. Magazine articles on surfing and marine safety
2. Daily newspaper coastal reports

METHODS OF STUDENT EVALUATION:
Short Quizzes
Written Assignments
Report
Problem Solving Exercises
Skills Demonstration

Demonstration of Critical Thinking:
1. Demonstration of ability to analyze and adjust accordingly in order to safely negotiate hazardous surf conditions.
2. Develop an awareness of the changing elements with the use of the satellite weather charts.

Required Writing, Problem Solving, Skills Demonstration:
1. Written self evaluation assignments such as surf analysis for when the tide is going out or coming in.
2. Demonstration of fitness development related to surfing.
3. Demonstration of safety procedures.

TEXTS, READINGS, AND RESOURCES:

Other:
1. Magazine reprints and daily newspaper
   Surfboard and wetsuit

LIBRARY:

 Adequate library resources include:

Comments:

Attachments:
 Attached Files