

**OREGON STATE UNIVERSITY  
COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES  
SCHOOL OF BIOLOGICAL AND POPULATION HEALTH SCIENCES  
PHYSICAL ACTIVITY COURSE (PAC) PROGRAM  
PAC 247 Fall 2019  
Course Outline**

**Course Number:** PAC 247

**Course Title:** Surfing

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**Course Description/** The purpose of this course is to learn the fundamentals of the sport of surfing, including the history of the sport, so that students will have the knowledge and experience needed to make intelligent decisions regarding present and future surfing sessions. The intent of the PAC Program is to provide quality instruction in safe, adequately equipped facilities and to create a positive, enjoyable environment for learning. Given the increased popularity of surfing in the media and world wide, it is inevitable that each of us, along the way, has been exposed to different ideas about the sport of surfing and will come to class with varying preconceived notions about surfing and surfing experiences. Many of us do not, or have not, critically or closely assessed our own views of surfing, the accuracy of our skills and techniques. or the safety procedures required for surfing the Oregon coast.

**Objectives:** After completing this course students will be able to:

- Paddle, sit & turn a surfboard
- demonstrate a duck dive and/or turn turtle maneuver
- demonstrate the push up required for catching a wave
- make informed decisions about predicting surf conditions (know before you go= Health Promotion)
- demonstrate an understanding of ocean safety/etiquette (what to do, what not to do, Mindfulness Practices)
- demonstrate knowledge of equipment selection
- explain expectations & safety concerns for surfing in a crowd

**Course Outline:**

**Lecture Mon. 9/30/19@4:30pm** Class #1 on OSU campus in Langton Hall rm.124, students meet, go over history of surfing, surfing vocabulary, safety procedures, equipment care/maintenance and surf fitness. Assign stretching and web activity for homework. (2 hr.)

**Pool Session Wednesday 10/02/19@4:30pm:** Class #2 on OSU campus in Langton swimming pool (meet in pool). Practice paddling, sitting on board, turning from sitting position, turn turtle/duck dive, push up and spring up. Review surfing vocabulary, safety procedures, equipment care and maintenance. Test basic skills. Assignment: swimming training and stretching for homework. (2 hrs).

**Sat.10/05/19:** Trip #1- students riding OSU vans meet at 8am for the morning session or at 11:45am for the afternoon session at the Safeway grocery store on the south side Corvallis near Baskin Robbins, load into rental vans and head to Ossies Surf Shop @ Agate Beach in Newport, Oregon. All students must arrive at Ossies Surf Shop by 10am for the morning session or 1pm for the afternoon session. Students review safety procedures, equipment care and maintenance at surf shop, travel to Otter Rock or Agate Beach, take equipment to beach, discuss specific conditions and related safety procedures. Students take to the water from 10:30am-12:30pm for the morning session or 1:30pm-3:30pm for the afternoon session.

**Sat. 10/12/19:** Trip #2- students riding OSU vans meet at 8am for the morning session or at 11:45am for the afternoon session at the Safeway grocery store on the south side Corvallis near Baskin Robbins, load into rental vans and head to Ossies Surf Shop @ Agate Beach in Newport, Oregon. All students must arrive at Ossies Surf Shop by 10am for the morning session or 1pm for the afternoon session. Students review safety procedures, equipment care and maintenance at surf shop, travel to Otter Rock or Agate Beach, take equipment to beach, discuss specific conditions and related safety procedures. Students take to the water from 10:30am-12:30pm for the morning session or 1:30pm-3:30pm for the afternoon session.

**Alternate Trips Sun 10/06/19 or Sun. 10/13/19:** the alternate trip dates will happen only if weather prohibits surfing and one of the class trips is cancelled.

\*Cancelled trip notification will be posted on blackboard and e-mailed to the class within 12 hours of the scheduled trip.

## GRADING POLICY

### For an "A":

No absences and pass all of the skills tests in the pool **and** the ocean.

### For a "B" Grade:

No more than one (1) absence and pass all of the skills test in the pool **and/or** the ocean.

### For a "C" Grade:

No more than 2 absences and pass 4 of 6 of the skills test in the pool **and/or** the ocean.

**Skills to be Tested:** these skills will be tested formally in the pool and by informally observation in the ocean.

1. paddling
2. sitting on board
3. turning (from sitting position)
4. turn turtle/duck dive
5. "push up"
6. "spring up"

Please let the instructor know when if you will miss class because of illness or other obligations.

If you are injured and cannot participate in class, please report to PAC Office, Langton Hall 123 and get an assignment to a PAC 100 make-up class. Keep the instructor informed by bringing appropriate paperwork to him.

## CLASS POLICIES

- Wear clothing that is comfortable and allows full freedom of movement on classroom days.
- Bring swimwear that is comfortable and allows full freedom of movement on pool days. \* also bring a towel
- Please do not eat for half an hour before classes where we will be in the water.
- Please bring a towel, water bottle, snacks and sack lunch (or lunch money) and swimwear to trips to the coast.
- If you are injured or not feeling well, please participate in class to whatever degree is comfortable.

## OSU PAC STATEMENT OF RISK

Statement of Risk, Responsibility and Fees -

Risk is associated with many of life's activities including the OSU Physical Activity Course (PAC) Program. The College of Health and Human Sciences and the Department of Nutrition and Exercise Sciences will minimize these risks by providing safe activity areas, adequate equipment, and capable instruction.

It is highly recommended that you give very serious consideration to providing yourself with a student health/accident insurance policy. These are available through the University, private carriers, or in many cases, through a family policy. If uninsured, relatively minor accidents and/or health problems can lead to great expense.

If you have a condition that might affect or be affected by participation in this activity class, please inform your instructor either verbally or **in** writing. If you require special accommodation **in** order to successfully complete this class you should see the instructor as soon as possible.

Should you become ill or get injured and not be able to fully participate in class, there are alternatives to allow you to still get credit. One option is to attend PAC 100, Adapted Physical Activity. This can be arranged through your instructor; please communicate with her if you have a problem during the term. Should you become ill during class, please notify the instructor immediately.

Bowling is not a high risk activity, but muscle and joint injuries can occur with improper technique or overuse. Because a weighted object is being used, lack of attention to safety precautions can cause injury. Some bowlers use wrist/finger braces, but this should not be necessary at the beginning level.

As with any activities associated with OSU, you are expected to abide by the policies for Academic Honesty and Student Conduct. Action will be taken for any breach of these policies. Information on these policies can be accessed through the OSU Home Page.

Link to Statement of Expectations for Student Conduct:

<http://oregonstate.edu/admin/stucon/achon.htm>

All activity courses in PAC have an additional fee to offset the high cost of the program. Fees are not necessarily connected directly to the specific class but go to support all aspects of the program.

#### Statement Regarding Students with Disabilities

Accommodations are collaborative efforts between students, faculty and Services for Students with Disabilities (SSD). Students with accommodations approved through SSD are responsible for contacting the faculty member in charge of the course prior to or during the first week of the term to discuss accommodations. Students who believe they are eligible for accommodations but who have not yet obtained approval through SSD should contact SSD immediately at 737-4098.

### **Academic Honesty Policy**

Oregon State University provides clear definition and sanctions for academic dishonesty. As a result, academic dishonesty of any kind is not tolerated. Students caught cheating, plagiarizing, or participating in any form of academic dishonesty will receive an F on the assignment or test (and possibly an F in the course). A formal report to the chair of the Department, to the Dean, and to the Student Conduct Program will be made.

If you have any questions about the extent and severity of sanctions that may result from dishonest behavior, I suggest that you take time to read the OSU Student Handbook