College of Charleston

PEAC 120-07 Beginning Surfing – T 1-4PM
&
PEAC 120–08 Beginning Surfing – W 1-4PM
Fall 2016

TD Arena 321 - First and Last Class
All other classes will be held on the beach at East 8th Street on Folly Beach
***Students must provide their own transportation

Instructor: **Kai Dilling**

Phone: (Home office) 843-881-6700 (Cell) **843-345-6765**

Office: None

Office Hours: By Appointment – Generally before or after class

Text: Essential Surfing, Third Edition

**Course Description:**

Introduction to surfing that includes instruction on basic to advanced wave-riding techniques. Emphasis on the history of surfing, surfboard design, safety and the meteorological and geological effects of waves as well as surfing etiquette.

**Course Prerequisites:**

Students should be able to swim, feel comfortable around the water (you will get wet), be able to hold their breath under water, and be willing to adjust and adapt to rough conditions, changes in the weather, and apply the skills and techniques they learn as conditions change.

**Aloha:**

Welcome to Beginning Surfing! This is an exciting time for the college and me as it is the first time Surfing has been offered as a course of study here at the College of Charleston. In fact, to my knowledge it is the only class on the East Coast and one of the very few in the nation. I cannot tell you how exciting it is for me and I hope it is for you too!

This class will teach surfing technique, safety, equipment, weather, tides, and provide a wide range of other information that will significantly elevate your surfing skills and knowledge and comfort in the ocean.

Surfing is very special in it's very nature and also in it's history and progression. For much of surfing's
history it was a well kept secret that only a relative few knew about. During much of the course of time there were little documented rules pertaining to surfing, which was/is one of it's appeals. Surfers were often looked down upon for their carefree nature and were seen as misfits. Now that the secret is out and surfing and the lifestyle surfing initiates have become “mainstream”, it's important to learn surfing responsibly. That is what I hope to convey to each of you. If you remember two things during our time together and even beyond you will make a good surfer. 1. Be good to yourself, take care of yourself, have respect for yourself; and, 2. Be good to the others around you, take care of the others around you, have respect for the others around you. I believe surfing emulates life and whether it's in the water or on land, if you follow those two guides you'll do quite well. You have the opportunity to learn a lot about yourself through surfing and I hope it becomes a lifelong passion for you as it has for me.

**COURSE OBJECTIVES:**

1. To develop and/ or improve basic surfing skills
2. To provide a basic knowledge of surfing including it's history, the factors that effect both the acts of wave riding and wave formation, and basic surfboard design elements.
3. To provide an opportunity for physical fitness through life long participation.

**Student Learning Outcomes:** Upon successful completion of PEAC 120: Beginning Surfing, students will be able to:

1. Demonstrate the proper way to paddle through the shore break.
2. Explain the rules for "wave rights."
3. Demonstrate the proper timing and paddle technique for catching a wave.

**Expectations:**

*You should expect* -- To get a lot of exercise, to get wet, to cooperate with your fellow surfers, to become independent surfers, to have a blast.

*I expect:* You to be on time, you to assist others, you to look out for yourself and each other. I expect you to help with loading and unloading surfboards to and from the beach.

**The best way to get a lot out of this course, is to put a lot into it.**

**Important:** Your attendance is very important!

**Safety:** Safety is a top priority in this class.

- **Take care of yourself.**
  Pay close attention to the safety instructions outlined by your instructor.
  Stay with your group.
  Stay alert.
  Exercise good etiquette. See Surfers' Code.

- **Take care of the others around you**
  Look out for one another.
  Under no circumstances should you ever run into another person. Every surfer is responsible for their surfboard.
Exercise good etiquette. See Surfers' Code.

- **Keep your instructors informed**…
  1. About any injury, issue, apprehension, perceived distress of a classmate, or any other issue as soon as you become aware of it.

**More safety specifics:**

- When paddling out paddle straight out and through oncoming waves
  1. Turtle Roll
  2. Duck Dive
  3. other techniques

- When “wiping out”...Where to fall...
  1. Fall to the side or back
  2. Don't fall on top of your board and don't fall in front of your board.

- When “wiping out”...How to fall...
  1. **Don't ever dive head first into the water!**
  2. Jump off feet first. Be sure to go into your knees when landing on the bottom (beach breaks)
  3. Land flat to allow the water to cushion your fall

- Nose-dives, a.k.a. “radical wipe-outs”
  1. Stay underwater for 3-seconds.
  2. Come to the surface with hands up.
  3. Open your eyes and find where your board is.

- Sunscreen
- Wetsuit...Stay warm.
- Be a weather watcher... Your instructor’s will be in tune with the daily weather and tides, but it will help to have several pairs of eyes to the sky

**Student Responsibilities:**

- Help with getting equipment to the beach and back.
- Be good to your equipment. Remember, your surfboard will bring you a lot of joy, so be good to your surfboard. Your wetsuit will keep you warm, so be good to your wetsuit.
- Be Positive and have fun.

**Equipment:**

- Proper surfboard for conditions, skill level, and height and weight of surfer.
- Wetsuit for when the weather and water cool.
- Sunscreen
- Water
- Snack (optional)
- Towel
- Jacket and warm, dry clothes (depending on weather conditions)

CRITERIA FOR EVALUATION:

1. Knowledge Test 25% (200 points)
2. Skills Test 25% (200 points)
3. Paper 25% (200 points)
4. Participation 25% (200 points)

Attendance:

**Attendance will be taken daily. Skills and information will be presented in a progression, making your attendance critical for success in this class. There will be a 50 point deduction for first absence. There will be 150 additional points deducted for a second absence. A third absence results in an F in the course. Students will be excused for one late arrival. After that a late arrival will be counted as absent. If you find that you will miss more than one class, please make every effort to drop the class.**

GRADING SCALE

93+ A
90-92 A-
87-89 B+
84-86 B
80-83 B-
77-79 C+
74-76 C
70-73 C-
67-69 D+
64-66 D
60-63 D-
<60 F

Knowledge Test:

- The knowledge test will take place at the end of the course and will essentially serve as a Final Exam on the last class session. (December 1 or 2)
Skills Test:

- These tests will be given TBD some time in November. The rubric for the skills will be posted on the OAKS website.

Paper:

- Students will be required to submit one paper during the semester. Students must site at least three references, i.e. magazine articles, books, TV programs, movies/ videos. The papers are due on November 5 and must be typed, double spaced, and a minimum of three pages. Instructions and rubric will be provided on OAKS

Written assignments should be posted as a pdf in the OAKS drop box before midnight on the due date. Late work will be penalized one letter grade per 48 hours.

Participation:

- Participation, or effort, is key in this class and is much more than the instructor taking attendance. Rubric will be provided on OAKS.

Make up policy:

- Tests cannot be made up for any reason. If you are late for class, you will not receive extra time for the test.
- Tests - A make-up test will be allowed for students with university-approved excuses.
- If you miss a class you are responsible for getting the material from another student. The instructor will not provide handouts or lecture information for those who are absent.

Policies:

- **College of Charleston Student Handbook:** This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [www.cofc.edu/studentaffairs/general_info/studenthandbook.html](http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html).

- **Academic Honesty:** Please refer to the current College of Charleston Student Handbook for the definition of academic dishonesty and the subsequent penalties. Faculty members are required to report violations of the Honor Code to the Office of Student Affairs. If you are found guilty of an honor code violation your grade in the class will be XF and will be so indicated on your transcript. Students at College of Charleston are expected to be at all times in compliance with
the Honor Code. Scholastic dishonesty will not be tolerated in this course. Examples of cheating include giving or receiving aid during examinations, using any type of crib sheet, copying from or looking to another exam, or submitting another’s work as your own.

- **Classroom/Field Behavior** Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Failure to abide with this code will not be tolerated in this course. Examples of inappropriate classroom/field behavior include behaviors that disrupt instruction by the professor and/or learning of classmates and behaviors that threaten, harass, or discriminate against others. Students who engage in inappropriate classroom/field behavior will be asked to leave, will receive no credit for attendance and activities for that day, and must meet with the instructor prior to returning to the next class meeting. Severe cases of inappropriate behavior will be referred to the office of the Dean of Students for appropriate disciplinary action.

- **Electronic Device Policy** Please turn off all electronic devices during lecture portion of class. No phones/electronic devices allowed during written exams. If you bring your phone or electronic device on the water, it must have a waterproof case. You are responsible for damage incurred to any electronic device and it is your responsibility to protect said device. No texting or talking on phone while on water, but the instructors may allow you to use phones for photographs, to find reference material, or as a navigation aid.

**Tentative Class Schedule**

SIGN UP FOR NOTIFICATIONS IN OAKS! Due to circumstances that may arise during the semester, this schedule is subject to change at the discretion of the instructors. Prepare (dress) for inclement weather. We will be on surfing under most conditions provide there is not a safety issue (lightning, high-winds)

**In the event of dangerous weather or predicted weather unsuitable for your current skill level, we may shift the class meeting place.** This will be done at least two hours before class meets. Please check your phone/e-mail and OAKS news page before leaving for class. We will take advantage of good weather days and do more on water work. In inclement weather, we will do more classroom work

Disability Statement
This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.
Week 1  Course Policies, Transportation, Safety, Expectations, Equipment, Communication

Week 2  Equipment, Safety Procedures, Wind, Water, Waves
        Paddling Out, Push-and-Pop

Week 3  Review Safety - How to Fall
        Line-Up Rules, Reading the Break, Push-and-Pop

Week 4  Review Safety
        Duck Dives, Paddling into a Wave, Knees to Feet, Prone Pops to Feet

Week 5  Review Safety
        Effect of Tides, Currents, Practice Time, Refine Duck Dives

Week 6  Review Safety
        Practice Paddling Into Waves, Prone to Pop

Week 7  Review Safety, Tired Surfer Tow, Practice

Weeks 8-14  Continue to Build Safety Skills, Continue to paddle and Pop to Feet, Finding the Proper Line, Guided Bails

Print out and submit to instructor on second day of class, at the latest.

PEAC 120 Beginning Surfing

I ___________________________ have had the main points of the course syllabus described by the instructors and have read the course syllabus. I understand the safety rules, including those for which a breach may result in a dismissal from class. I also understand the grading, assessment and evaluation, and I fully understand course requirements.

I understand that if I miss one class, it will significantly influence my grade, if I miss two classes I will be in danger of failing, and if I miss three classes, I will fail the class.

I have also read and signed the on-line CofC waiver for activity classes. Link: http://blogs.cofc.edu/peac/release-form/

Student's Name (print) __________________________ Student Signature __________________________
Date ______________