

Spring 2024

Instructor information

Instructor

Erin Eiholzer

Email and Phone

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(818) 677-4723

Office location & hours

CSUN Aquatic Center, Friday 1pm-3pm and Saturday 9am-12pm

Course Information Overview

Course Name: Water Skiing and Wakeboarding

Course Meeting Times: Friday 9am-11:40am

Course Meeting Dates: Friday's 3/15-5/10

Meeting Location: CSUN Aquatic Center at Castaic Lake, 32132 Castaic Lake Drive, Castaic, CA 91384

Prerequisites: Basic swimming skills

Course Description

Develops proficiency in water skiing skills, including wakeboarding, with an emphasis on safety and the proper use of equipment.

Student Learning Outcomes

At the conclusion of the course, students should be able to:

- Identify, select, and properly use the appropriate gear for participation in towed water sports activities.
- Describe key barriers when participating in physical and recreational activities and demonstrate approaches to minimize risk of injury.
- Describe common hazards and the appropriate control measures respective to water and boating recreation activities.
- Communicate the health and safety requirements relevant to planned recreation specific activities.
- Demonstrate basic competence (knowledge & skills) in water skiing and/or wakeboarding.
- Complete the requirements necessary to secure a CA Boater Safety Card.
- State & employ behaviors and techniques that contribute to safe recreational boating.
- Display a greater understanding of and appreciation for the natural environment and practice minimum impact techniques in recreational activities.
- Synthesize information related to human physiology and external weather conditions and demonstrate proper preparedness to equipment and environmental factors.

Course materials

These are the required materials for this class:

Online resources

- [California Boater Card](#)
- [CA Online Boating Safety Course](#)
- [USA Water Ski: Learn to Wakeboard PDF](#)
- [USA Water Ski: Learn to Waterski PDF](#)

Additional materials may be provided on an as-needed basis.

Late Assignment Policy

Late assignment submission is allowed prior to submittal of final grades.

Attendance Policy

Attendance is satisfactory if students are at the CSUN Aquatic Center with ample time to participate in at least one on-water instruction activity per class. Communication and timing coordination with instructor is paramount as students may be shuttled between the CSUN Aquatic Center and the boat at varying times to accommodate boat size and instruction. Attendance is a large portion of your grade. You are expected to be at each class meeting, whether or not you will be entering the water.

Student Conduct Policies

Participation: Water sports activities require participation across many disciplines in order to learn. Students are expected to attend class on time, support their peers, follow instructions, complete assignments on time, and try the activities as they are demonstrated.

Classroom Etiquette: While boating, wakeboarding, and water skiing are all recreational activities, this is still a classroom. To create a safe, welcoming, and productive learning environment, students will respect each other, the facilities and equipment, and the instructor. Abusive, violent, disrespectful, or disruptive behavior will not be tolerated. Students are referred to the policies and regulations section of the University Catalog for University policies and code of conduct information.

Appropriate Attire: Each class section will involve being in the lake. You are responsible for wearing activity appropriate swimwear that will allow you to: move around a small boat, equip a flotation device, maneuver into water sport equipment, and take part in water sports which involves being towed at 15-20 miles per hour (being towed anywhere from 10-20 miles per hour).

Drugs and Alcohol: There is a zero-tolerance policy regarding drugs or alcohol. Arriving to class under the influence will result in disciplinary action in accordance with CSUN policies.

Additional Rules: Guests are not permitted to join.

Preparation: For each day at the lake you are expected to bring:

- Activity appropriate swimwear or attire you are comfortable getting wet
- Sunscreen
- Water
- Towel

Facility and Equipment: CSUN's recreation facility will be available to you as will the necessary equipment to participate in this course.

Key details:

- Showers are available at the Aquatic Center
- Wetsuits will always be made available or you can bring your own
- Boards, skis, bindings, flotation devices, and equipment will be provided with
- Accommodations for all body types and ability levels.

Accommodations and Services

Students with disabilities must register with Disability Resources and Educational Services (DRES) in order to receive accommodations. If you feel that you qualify for the services provided by DRES contact them at (818) 677-2684 or stop by the office located in Bayramian Hall (BH 110). Faculty cannot provide assistance to students seeking disability accommodations unless they have disability documentation and are registered with DRES. Any student who feels that he or she may need an accommodation based on the impact of a disability should contact me privately to discuss your specific needs.

1. Disability Resources and Educational Services (DRES)
2. National Center on Deafness (NCOD)
3. Health Center

Grading Policy	
Grade Percentage	Grade Percentage
A 94 to 100%	C 73 to 76%
A- 90 to 93%	C- 70 to 72%
B+ 87 to 89 %	D+ 67 to 69%
B 83 to 86%	D 63 to 66%
B- 80 to 82%	D- 60 to 62%
C+ 77 to 79%	F 59% or lower

Grading Criteria

Requirements Percentage of Grade

Boater Safety Course Assignment 40%

Attendance and Participation 40%

Quiz 20%

Attendance and Participation

Participation includes taking part in classroom, on-boat, on-land, and on-water learning activities. Attendance is satisfactory if students are at the aquatic center with ample time to participate in at least one on water instruction activity (except for any remote instruction dates). Students may be given a specific time frame to be present for. Attendance is worth 40% of your grade, and you are expected to be at each class meeting whether or not you will be entering the water.

Float Evaluation

All students will be assessed on their ability to select properly sized equipment for water tow activities: flotation device (life jacket), personal protection equipment (gloves / helmet), and recreational equipment (wakeboard / water ski(s)) and demonstrate the ability to float in the water in both selected and mandatory equipment.

Quiz

One online quiz covering in person instructional topics, with each question worth 4 points. This equates to 20% of your total grade.

Boater Safety Course

Students will be required to take, complete, and submit proof of completion of the mail-in or online boater safety course, and complete the application for the CA Boater Card. A \$10 application fee will be reimbursed when receipt is submitted to instructor.

Course Schedule

Class Date Class Location Assignments / Materials / Exams

CSUN Aquatic Center Complete waivers and RTM forms and Float Test

Course Introduction

General Boating Safety

Introduction to Water Tow Sports

Equipment Evaluation

Identification of Dominant Foot & Ride Style (Goofy / Regular)

3/15 CSUN Aquatic Center Introduction, Waivers, and in-water Instruction

3/22 SPRING BREAK; NO CLASS

3/29 CSUN Aquatic Center on Water Instruction & Practice

4/5 CSUN Aquatic Center on Water Instruction & Practice

4/12 CSUN Aquatic Center on Water Instruction & Practice

4/19 CSUN Aquatic Center on Water Instruction & Practice and Canvas Quiz; Complete before **5/3**

4/26 CSUN Aquatic Center on Water Instruction & Practice

5/3 CSUN Aquatic Center on Water Instruction & Practice

5/10 CSUN Aquatic Center and Submit CA Boater Safety Course Completion/Boater card (temporary okay)