

PE 128: SEA KAYAKING

Basics of sea kayaking. Introduction to various kayaks and equipment; on-water instruction on paddling techniques, rescue techniques, and other basics. (E)

Course Student Learning Outcomes

1. This class introduces students to basic sea kayaking skills, focusing on safety, equipment, efficient paddling techniques, and effective rescue techniques.
2. Students will acquire the skills necessary to kayak safely on sheltered waters.

Credits: 1

Program: [Physical Education](#)