



# ***PSIA-Rocky Mountain-AASI***



## **S.U.P. – Intro to Standup Paddle Board**

**Audience:** Current PSIA-AASI-Rocky Mountain Members; all ability levels welcome.

**Discipline:** Multi Discipline

**Time:** 2 Days      **Credits:** 12 CEU's.

**Setting:** Flatwater, Moving Water, Whitewater

**Course Description:** The goal of this clinic is to offer a teaching for transfer experience for PSIA-AASI-RM members while learning introductory stand-up paddle boarding (SUP) skills and coaching skills. A secondary goal is to enable participants to empathize with beginner skiers and snowboarders by learning a new sport (i.e. SUP).

**Recommended Prerequisite Course:** None

**Prerequisite skills:**

- Participants must know how to swim

**Course Objectives:** At the end of the clinic participants will be able to:

- Demonstrate an understanding of the basics of SUP.
  - Stance and Posture on a SUP
  - Launching and Landing
  - Paddle strokes and maneuvers
  - Beginner river 'reading' and rescue skills
- More advanced and confident paddlers will explore Peel outs, eddy turns, ferries, surfing and group river running
- Understand the crossover between the sports of SUP and Skiing/Snowboarding.
- Explore the opportunities that exist between winter and summer instruction.
- Practice Movement Analysis skills using SUP as the movement being analyzed.
- Enable participants to "Learn by doing."
- Participants will reflect upon their experience and must submit their reflection in order to receive credit.