

# Bemidji State University

## PHED 1520: Downhill Skiing

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that introduces the basic skills of beginning downhill skiing. Technique and skill development in traversing, turning, speed control and stopping will be included. The language of ski safety will also be discussed. (May not be offered every year.)

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Appropriate clothing and equipment for skiing
2. Skiing equipment
3. Skiing safety
4. Skiing techniques: traversing, turning, speed control, and stopping

### D. LEARNING OUTCOMES (General)

1. analyze their own current physical activity behavior and compare it to a national standards
2. demonstrate the ability to analyze downhill skiing skills and offer suggestions for improving (problem solve) skill in a beginner.
3. develop skills that lead to behaviors that foster wellness.
4. examine the importance of, i.e. how they value, regular physical activity in their lifestyle.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted