Bemidji State University

PHED 1554: Skills for Life: Cross Country Skiing

A. COURSE DESCRIPTION

   Credits: 1
   Lecture Hours/Week: 0
   Lab Hours/Week: 0
   OJT Hours/Week: *
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   An activity course that introduces the basic skills of cross country skiing including downhill turns and stopping. The student may choose to learn either skate skiing skills or the traditional skills of diagonal stride skiing. Some trail skiing will be included. [BSU Focus: Performance and Participation]

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

C. OUTLINE OF MAJOR CONTENT AREAS

1. Advanced skiing techniques: stem turns, snow plow or skid stop, and hill climbing
2. Basic skiing techniques: diagonal stride, double pole, kick double pole, V-1, V-2 skate, marathon skate, and downhill tuck
3. Equipment: skis, boots, poles, and clothing
4. Ski techniques: classical and skate
5. Skiing conditions and safety

D. LEARNING OUTCOMES (General)

1. demonstrate the knowledge of appropriate kick & glide ski waxes for fresh and old snow conditions, including klisters for wet and icy conditions
2. develop skills that help lead to behaviors that foster wellness.
3. demonstrate the ability to analyze cross country ski skills and offer suggestions to improve skills as a beginner.
4. analyze their personal physical activity behaviors and compare them to a national standard.
5. examine the importance of, i.e. how they value regular physical activity in their lifestyle.
6. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
7. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
8. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.
9. demonstrate appropriate use & correct execution for commonly used cross country ski techniques.
10. demonstrate the ability to express in writing a comparison of their current level of physical activity with the recommendations of national health standards.
11. demonstrate the knowledge of appropriate clothing & equipment for cross country skiing

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

   None
F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted