Bemidji State University

PHED 1530: Skills for Life: Snowboarding

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 snowboarding, including toe turns, heel turns, carving, skating, stopping, and various forms of "riding." Includes an overview of snowboard equipment and how to select appropriate equipment. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 07/31/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS
   1. Appropriate clothing for weather and ski conditions
   2. Basic Skills: toe turns, heel turns, carving, skating, and stopping.
   3. Basic equipment
   4. Ski Patrol safety

D. LEARNING OUTCOMES (General)
   1. learn the rules and safety precautions while on the hill.
   2. develop or improve skills that include the proper way to put on equipment, three ways to stop, balance, toe edge, heel edge, riding up tow rope, riding up chairlift.
   3. analyze their own current physical activity behavior, and compare it to the National Physical Activity Guidelines.
   4. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
   5. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
   6. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies
   None

F. LEARNER OUTCOMES ASSESSMENT
   As noted on course syllabus

G. SPECIAL INFORMATION
   None noted