

Inver Hills Community College

PHED 1135: Snowboarding and Skiing

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Allows a student to participate in the winter downhill activity of skiing or snowboarding at either a beginning or advanced level. The student will be placed in a group designating his/her skill level. Appropriate level will be determined by Afton Alps Instructors. The course includes active participation and skill development, selection and care of equipment, safety rules and facts about conditioning. Students may have their own equipment or rent from the skiing facility. Students must provide their own transportation to the slopes. This course may be repeated twice for different activities or levels.

B. COURSE EFFECTIVE DATES: 08/22/2003 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Clothing: 5%
2. Conditioning: 5%
3. Equipment: 10%
4. Maintaining Equipment: 5%
5. Safety: 5%
6. Techniques: 70%

D. LEARNING OUTCOMES (General)

1. The student will discuss safety aspects of downhill activities
2. The student will demonstrate skill techniques in the downhill activity
3. The student will describe equipment requirements for downhill activities
4. The student will describe equipment maintenance

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted