

Inver Hills Community College

PHED 2210: Winter Skills

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Introduces the skills, techniques, equipment, and ethics of winter wilderness-oriented skills, such as winter camping, snow shoeing, and cross country skiing. The course provides a variety of exposure to skills so that students may pursue interests beyond this course. This course takes place over one weekend with one on-campus class period prior to the trip for orientation. Equipment is available for rental from the IHCC Outdoor Center for a nominal fee. Special fee required. Pass/Fail grading option only. Students may choose to camp in their snow shelter or stay in the Audubon Center lodge.

B. COURSE EFFECTIVE DATES: 08/01/2007 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Cross country skiing equipment and techniques: 25%
2. Hypothermia causes, prevention, and treatment: 15%
3. Outdoor cooking and nutrition in winter: 15%
4. Snow shelter: 20%
5. Snow-shoeing equipment and techniques: 10%
6. Winter camping equipment: 15%

D. LEARNING OUTCOMES (General)

1. Describe four ways that the human body loses heat
2. Describe strategies and equipment to eliminate or control heat loss
3. Demonstrate the construction of a snow shelter
4. Demonstrate the basic cross country ski touring techniques using the diagonal stride to move forward, to turn, and to move uphill and downhill
5. Demonstrate how to move forward, up, and down hills on snowshoes
6. Describe basic winter first aid concerns, prevention, and treatment
7. Demonstrate or discuss the equipment and skill involved in sleeping in a shelter in the snow
8. Describe basic winter food concerns including nutrition, preparation and production of a meal

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted