

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: August 2012

I. Course Prefix and Number: PE 118

Course Name: Skiing/Snowboarding I

Credit Hours and Contact Hours: 1 credit hour, 2 contact hours

Catalog Description including pre- and co-requisites: This is a beginning skiing/snowboarding course. This course covers techniques, skills and practice drills designed to improve your skiing/snowboarding ability. Discussion and instruction will encompass the latest equipment, safety and etiquette on the slopes. Time will be provided for practice and review of skills learned in class. An additional fee is required.

Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This class can be used to fulfill one credit of the physical education requirement for all majors at FLCC.

II. Course Student Learning Outcomes:

The student will:

1. Distinguish inherent dangers associated with this activity and practice appropriate safety measures.
2. Evaluate different techniques and equipment.
3. Demonstrate improvement in their skills and techniques.
4. Assess proper choice of clothing and equipment for weather conditions.
5. Recognize potential benefits to their physical and mental well-being.

College Learning Outcomes Addressed by the Course:

- | | |
|---|---|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed): *For each identified outcome checked, please provide the specific assessment measure.*

List identified College Learning Outcomes(s)	Specific assessment measure(s)
Critical Thinking	Student will self-evaluate their improvement and level of skill
Ethics/Values	Student will critique and perform learned skills and techniques to develop ethics and values through appreciation of lifetime recreational activity.

IV. Instructional Materials and Methods

Types of Course Materials:

The student will be expected to have his/her own ski or snowboard equipment for class.

Handouts will be given to students periodically.

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Group instruction will be given each day for one hour and one half hour according to the student's level of proficiency. In addition, one and one half hour will be allotted in order for the student to practice and apply the skills taught.

V. General Outline of Topics Covered:

1. Types of Equipment
2. Proper Techniques
3. Responsibility Code
4. Appropriate weather attire
5. Speed control
6. Stopping
7. Turning
8. Handling varied snow and weather conditions
9. Managing different terrains such as: half-pipe; jumps; moguls; steepness
10. Safety issues