

PHED 1665

BEGINNING SNOW SKIING

1 Semester Hour

Semester/Year:

Instructor:

Office Location:

Office Hours:

Telephone:

E-mail:

Fax:

COURSE DESCRIPTION

This course offers the student the opportunity to learn to ski in North Carolina. Basic techniques such as walking, gliding, side stepping, downhill, turns and safety will be taught by certified ski instructors.

COURSE OBJECTIVES

Students will:

1. develop a knowledge of advanced skiing for the purpose of enjoyment as a lifetime sport.
2. execute and demonstrate beginning skiing fundamentals.
3. be familiar with and practice safety, courtesy, and self-discipline.
4. be familiar with and demonstrate conditioning, dressing properly and proper use of ski equipment.
5. learn to load and unload from various types of ski lifts.

TEXTS, READINGS, AND INSTRUCTIONAL RESOURCES

Required Text:

Cottrell, Jim. Skiing Everyone (1996). Hunter Textbooks Inc.

ASSIGNMENTS, EVALUATION PROCEDURES, AND GRADING POLICY

Assignments include:

Readings, skills tests, and a written test.

Evaluation Procedures:

Grades are based on a combination of knowledge and skill. The knowledge component consists of the final test and the skill component consists of a skills test.

Knowledge - 50%

Skill - 50%

Grading Policy:

Letter grades will be used to indicate a student ' s performance in each class.

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F <60

CLASS OUTLINE

December 1. Introduction.

January 2-6. Ski lessons, ski tests, and free skiing at North Carolina.