Course Syllabus

Department: Physical Education & Integrated Health Care

Date: September 2012

I. Course Prefix and Number: PE 119

Course Name: Skiing/Snowboarding II

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

Catalog Description including pre- and co-requisites: This is an intermediate skiing/snowboarding course, a continuation of Skiing/Snowboarding I. This course covers advanced 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 is one of many courses offered through the Physical Education & Integrated Health Care Department that will satisfy part of a four credit hour graduation requirement for students at FLCC.

II. Course Student Learning Outcomes:

The student will:

1. Enhance and expand understanding of inherent dangers associated with this activity and practice appropriate safety measures. Show behavior that demonstrates this understanding.
2. Assess and develop further the beginning level skills and techniques accomplished in Skiing/Snowboarding I.
3. Review and apply proper choice of clothing and equipment for weather conditions.
4. Reinforce and recognize potential benefits to one’s (their) physical and mental wellbeing.
5. Describe through a self-evaluation practical skills learned and appraise their own improvement.

College Learning Outcomes Addressed by the Course: (check each College Learning Outcome addressed by the Student Learning Outcomes)

☐ writing  ☐ computer literacy
☐ oral communications  ☒ ethics/values
☐ reading  ☐ citizenship
☐ mathematics  ☐ global concerns
☒ critical thinking  ☐ 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.

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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</thead>
<tbody>
<tr>
<td>Critical Thinking</td>
<td>Student will self-evaluate their improvement and level of skill</td>
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<tr>
<td>Ethics/Values</td>
<td>Student will critique and perform learned skills and techniques to develop ethics and values through appreciation of lifetime recreational activity.</td>
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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 hours according to the student’s level of proficiency. In addition, one and one half hours will be allotted in order for the student to practice and apply the skills taught.

V. General Outline of Topics Covered:

A. Introduction of a higher level of techniques
B. Review and knowledge of the Responsibility Code
C. Demonstrate appropriate choice of attire based on weather conditions
D. Develop and practice improvement of speed control on more difficult terrain
E. Illustrate the ability to stop at higher speed and on more difficult terrain
F. Show higher level of skill when turning under control in varied conditions
G. Continued practice in handling varied snow and weather conditions
H. Managing different terrains such as: half-pipe; jumps; moguls; steepness and demonstrating improved skills in these areas.
I. Understanding of the safety issues