Course Syllabus

Department: Physical Education and Integrated Health Care
Date: February 2012

I. Course Prefix and Number: PE 120

Course Name: Cross Country Skiing
Credit and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description Including Pre- and Co-Requisites:
This course is designed to introduce the recreational activity of cross country skiing. It will not be a challenge for someone already an accomplished skier. It will include an introduction to the basic movement, skills, concepts, and familiarize the student with available area trails. All cross country ski equipment will be provided by FLCC. At the option of the class, travel by personal transportation to locations non-adjacent to the college may be undertaken.

II. Course Outcomes and Objectives:

Student Learning Outcomes:
The student will:

1. Execute equipment preparation and maintenance.
2. Demonstrate classical cross country skiing techniques.
3. Execute correct cross country techniques on groomed trails, new trails and on hills of moderate incline.
4. Recognize and respond to their own or companion’s adverse reactions to weather conditions.
5. Demonstrate the ability to read and carry out utilization of trail maps.
6. Present an oral report based on a referenced source that is relevant to the course.

Relationship To Academic Programs and Curriculum:

This course helps fulfill the PE requirement as it provides a great winter activity.

College Learning Outcomes Addressed by the Course:

☐ writing  ☐ computer literacy
III. Instructional Materials and Methods:

Types of Course Materials:

Hand outs, (no text require), demonstrations, fitness challenges, videos

Methods of Instruction (e.g. Lecture, Labs, Seminars …):

Primarily demonstrations and lectures combined with activity to practice learned skills.

IV. Assessment Measures (Summarize how the student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and teaching performance. Such assessments and related assignments will develop critical thinking techniques, reading and communication skills, along with developing ethics and values regarding an appreciation of lifetime physical activity.

V. General Outline of Topics Covered:

A. History of the sport
B. Types of equipment including appropriate winter apparel
C. Preparation and maintenance of equipment
D. Assessing and preparing for the dangers encountered in a vigorous cold weather outdoor activity including basic first aid and proper nutrition
E. Practice of the skills in various conditions over different terrain.