

HHPA 107 : BACKCOUNTRY SKIING

Transcript title

Backcountry Skiing

Credits

1

Grade mode

Standard letter grades

Contact hours total

30

Other hours

30

Description

Provides an introduction to backcountry skiing.

Learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of backcountry skiing to develop overall physical fitness and enhance sport activities.
3. Dress appropriately for strenuous activity in a snowy backcountry environment.
4. Appropriately pack for backcountry travel (water, food, emergency gear, etc.).
5. Create a pre-trip plan that addresses risk management and emergency response.
6. Plan and use appropriate routes for efficient and safe travel in potential avalanche terrain.
7. Correctly use your backcountry ski or snowboard gear for safely ascending and descending.
8. Build an emergency shelter using the resources available to you on a typical day outing.

Content outline

Intro to Backcountry Skiing

Required reading: chapters assigned

Asses gear, clothing, emergency kit; pre-trip planning.

Skinning techniques reviewed

Avalanche accident analysis

Avalanche awareness

Snow shelter construction and alternative emergency shelters.

Pre-trip plan, review, prep and execution.

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

Grading methods

This course will include attendance in the grading and may include written work, quizzes, journal projects and other assignments.

General education/Related instruction lists

- Foundational Skills/Health