

# HHPA 133 : SKI CONDITIONING-NORDIC

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## Transcript title

Ski Conditioning-Nordic

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

An outdoor/indoor conditioning class for all levels of Nordic skiers. Goal of the class is to provide ski-specific cardiovascular fitness and muscular strength as well as improving Nordic ski technique. Various ski-specific drills and exercises will be used in a fun group atmosphere.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of nordic skiing to develop overall physical fitness and enhance sport activities.
3. Effectively use SMART goal setting to design and implement individual ski performance goals.
4. Apply appropriate training fundamentals to the development of nordic ski-specific training plans based upon individual performance goals.
5. Demonstrate safe and effective exercises that improve cardiovascular fitness or ski-specific muscular strength.

## Content outline

- Intro to ski conditioning
- Cardiovascular exercises (some ski-specific)
- Ski-specific strength drills
- SMART goals
- Creation of personal fitness plan

## Required materials

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

## General education/Related instruction lists

- Health