HHPA 170: SNOWBOARDING I

Transcript title
Snowboarding I

Credits
1

Grade mode
Standard letter grades

Contact hours total
30

Other hours
30

Description
For beginning snowboarders. Students will learn the fundamentals of snowboarding with qualified instructors. Equipment must be provided by the student.

Learning outcomes
1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of snowboarding to develop overall physical fitness and enhance sports activities.
3. Explain the skier / snowboarder student code and practice it while in class and anytime skiing or snowboarding.
4. Demonstrate basic snow board techniques over varied terrain.

Content outline
Introduction of Snowboarding I and equipment
Skill assessment
Mountain safety and terrain tactics

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