

HHPA 170 : SNOWBOARDING I

Transcript title

Snowboarding I

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

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

Course 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.

General education/Related instruction lists

- Health