

HHPA 170 : SNOWBOARDING I

Transcript title

Snowboarding I

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Develops skills for beginning snowboarders. Introduces the fundamentals of snowboarding with qualified instructors.

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 or 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

1. Introduction of Snowboarding I and equipment
2. Skill assessment
3. Mountain safety and terrain tactics

Required materials

Students may use personal equipment or rent from Mt Bachelor. Rental equipment and lift tickets are included in the course fee. Required equipment details will be provided at the first class meeting.

General education/Related instruction lists

- Health