

HHPA 172 : SNOWBOARDING III-COMPETITIVE FREESTYLE RIDING

Transcript title

Snowboarding III-Freestyle

Credits

1

Grade mode

Standard letter grades

Contact hours total

30

Other hours

30

Description

Focuses on freestyle techniques for advanced riders. Emphasis of instruction is on freestyle maneuvers, including straight airs, 180's, and straight airs with grabs, as well as etiquette when riding in the half-pipe, slope-style facilities and natural freestyle terrain. 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. Summarize the skier/snowboarder responsibility code and practice it throughout the class and anytime skiing or snowboarding.
5. Develop a core of fundamental freestyle skills.
6. Explain progressions as they relate to freestyle skill development.

Content outline

Introduction of Snowboarding III 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

- Health