

HHPA 179 : SKI ALPINE II

Transcript title

Ski Alpine II

Credits

1

Grade mode

Standard letter grades

Contact hours total

30

Other hours

30

Description

Designed for intermediate to advanced alpine skiers. Provides instruction to enhance current ski skill level. Equipment, including helmet, 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 skiing 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 moderate to advanced ski techniques over varied terrain.

Content outline

Introduction of Ski Alpine II 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