INTRODUCTION TO SKIING
PED 1070

Class Hours: 0.0
Laboratory Hours: 2.0
Credit Hours: 1.0
Date Revised: Spring 01

Catalog Course Description:
The fundamentals of skiing and skiing safety.

Entry Level Standards:
Focus will be placed on fundamentals of skiing and skiing safety with particular emphasis on
acquisition of skill. Skiers of all skill levels are welcome in this course. Students who already ski
are evaluated by skill level and placed into appropriate groups. Skiers are able to progress thru skills
levels from beginners thru advanced. Skills are taught according the Professions Ski Instructor’s
Association (PSIA) guidelines and criteria.

Prerequisites:
None

Textbook(s) and Other Reference Materials Basic to the Course:
Skiing Everyone; Cottrell, Jim; Hunter Textbook; Winton-Salem, North Carolina. 2000
Printed materials distributed by the Cataloochee Ski School.
Warm clothing, sunglasses, and gloves
The ski area will furnish skis, poles, and ski boots. Students can feel to use their own equipment.

I. Week/Unit/Topic Basis:

Topic
Pre-Ski Seminar:
Registration/ Dress for success/ Ski safety/ Off-season training. (3 hours)

Night of Arrival:
Check-in/ Mid-term/ Orientation Lecture. (2 hours)

Day One:
Pick-up equipment/ Combination of lecture, on snow instruction, independent
practice (8 hours)

Day Two:
Combination of lecture, on snow instruction, and independent practice (8 hours)
Day Three:
Combination of lecture, supervised skiing, and on snow instruction/viewing video tapes/video analysis/Final examination (6 hours)

II. Course Objectives*:

A. Ski employing correct technique. II. 2
B. Demonstrate knowledge of skiing etiquette and safety. I. 5
C. Demonstrate knowledge of skiing terminology. I. 5
D. Evaluate and correct errors in skiing form and execution. III. 2
E. Demonstrate knowledge of ski equipment and facilities. 1.5
F. Demonstrate knowledge of ski form and technique. II. 2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding factual information relevant to skiing. *Communication Outcome, Information Literacy Outcome*
2. Read and demonstrate knowledge of skiing technique, rules and other relevant factual information. *Communication Outcome, Information Literacy Outcome*
3. Analyze, evaluate, and modify technique to improve performance. *Personal Development Outcome, Problem Solving and Decision Making Outcome, Transitional Strategy*
4. Develop skiing strategies. *Problem Solving and Decision Making Outcome, Active Learning Strategy*
5. Appreciate the intrinsic value of skiing as a life-long recreational activity. *Personal Development Outcome, Transitional Strategy*

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

IV. Expectations for Student Performance*:

Upon successful completion of this course, the student should be able to:

1. Demonstrate knowledge of ski etiquette. B
2. Demonstrate knowledge of ski terminology. C
3. Demonstrate knowledge how to handle skiers who are injured on the ski slopes. B
4. Demonstrate knowledge of ski safety. B
5. Pick out Skiing equipment necessary to maximize performance. E
6. Properly adjust boots, skis, and bindings. E
7. Identify parts of a snow ski. E
8. Sidestep on skis on the slopes. A
9. Skate from one ski to the other on flat ground. A
10. Return to standing position from sitting on the ground on both flat ground and on a slope. A
11. Ski in a wedge. A, D, F
12. Perform a wedge stop. A, D, F
13. Demonstrate right and left wedge turns. A, D, F
14. Successfully ski a beginners’ slope. A, B, D, E, F
15. Load and exit a rope tow. E
16. Load and exit a chair lift. E
17. Demonstrate knowledge of trail marking symbols. B, E
18. Demonstrate knowledge of snowmaking. E
19. Demonstrate knowledge of the skiers’ Responsibility code. B, E
20. Demonstrate knowledge of and perform balancing movements. A
21. Demonstrate knowledge of and perform rotary movements. A
22. Demonstrate knowledge of and perform edging movements. A
23. Demonstrate knowledge of and perform pressure control movements. A
24. Demonstrate knowledge of how to dress properly for skiing. B, E

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures: 60 points
   - Midterm 20 points
   - Final 20 points
   - Skill Test: 20 points (ski the beginner slope)

B. Laboratory Expectations:
   - N/A

C. Field Work: 40 points
   - Participation: Points will be awarded based on student’s attitude and improvement. If a student misses a snow session, sixteen points will be deducted from the student's attendance grade. Students who fail to participate in assigned activities will be counted as
absent.

D. Extra Credit: 5 points

View a televised skiing event, then summit a two page typed report.

E. Grading Scale:

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<thead>
<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>93 -100</td>
</tr>
<tr>
<td>B+</td>
<td>92 - 88</td>
</tr>
<tr>
<td>B</td>
<td>87 - 83</td>
</tr>
<tr>
<td>C+</td>
<td>82 - 78</td>
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<tr>
<td>C</td>
<td>77 - 73</td>
</tr>
<tr>
<td>D+</td>
<td>72 - 68</td>
</tr>
<tr>
<td>D</td>
<td>67 - 62</td>
</tr>
<tr>
<td>F</td>
<td>61 below</td>
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</tbody>
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VI. Policies:

A. Attendance Policy:

Pellissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Other Policies:

Make-up policy:
1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

Injury Policy:
Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.