

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

**INTRODUCTION TO SKIING
PHED 1070**

Class Hours: 0.0

Credit Hours: 1.0

Lab Hours: 2.0

Revised: Spring 2011

Catalog Course Description:

The fundamentals of skiing and skiing safety.

Entry Level Standards:

The student must be at least 18 years of age prior to the beginning of the course.

The course is offered the first 5-week session each spring semester.
The course is off-campus and students must provide their own transportation to the site.
Extra fees apply.

Prerequisites:

None

Textbook(s) and Other Course Materials:

Textbook is recommended, but not required

Skiing Everyone. Cottrell, Jim; Hunter Textbook; Winston-Salem, North Carolina. 2000
ISBN: 0-88725-226-5

I. Week/Unit/Topic Basis:

Prior to Week One the students will attend a pre-ski seminar. The seminar will discuss clothing, safety, equipment, class organization, and information about Snow Ski facility. Off-Campus fees for the course will be paid to the Ski Area or their designee at the seminar.

Week	Topic
1.	Putting on Equipment/class assignment based on skill level/ lesson based on skill level
2.	Ski lesson based on skill level
3.	Ski lesson based on skill level
4.	Ski lesson based on skill level
5.	Ski lesson based on skill level/ Skill Test

The written exam is completed on-line prior to the end of the 5-week class session.

II. Course Goals*:

The course will:

- A. Practice and execute proper Snow Skiing techniques. (V, 1) (III, 5) (I, 6)
- B. Demonstrate knowledge of Snow Skiing etiquette and safety. (I, 6) (III,3)
- C. Demonstrate knowledge of Snow Skiing terminology. (VII, 4) (VII, 5)
- D. Evaluate and correct errors in Snow Skiing form and execution. (III, 5)
- E. Demonstrate knowledge of Snow Ski equipment and facilities. (VII, 3) (VII, 5)
- F. Demonstrate knowledge of Snow Skiing strategies to safely ski on diverse terrains and slope difficulty. (VII, 5) (I, 6)
- G. Demonstrate knowledge of Snow Skiing form and technique. (I, 6 & I,7)

*Roman numerals after course objectives reference goals of the Natural and Behavioral Sciences program (Career Program Goals and General Education Goals are listed http://www.pstcc.edu/departments/curriculum_and_instruction/syllabi/)

III. Expected Student Learning Outcomes*:

The beginning snow skiing student will be able to:

- 1. Demonstrate knowledge of proper apparel for Snow Skiing. (E)
- 2. Execute putting- on skiing equipment, such as boots, skis. (E)
- 3. Read and discuss the Skiers Responsibility Code. (B,C,F)
- 4. Demonstrate proper body positioning while on skis. (A,D,G)
- 5. Demonstrate sliding technique with balance. (A,D,F,G)
- 6. Demonstrate side-step climbing. (A,D,F,G)
- 7. Perform a wedge stop (snowplough). (A,D,G)
- 8. Demonstrate proper way to get up from fall. (A,D,F,G)
- 9. Define and identify the fall-line. (B,C,E,F)
- 10. Demonstrate wedge (stem) turns under control. (A,D,G)
- 11. Demonstrate proper technique for entering and exiting the rope tow. (B,E,G)
- 12. Discuss and demonstrate the proper technique to enter the ski lift. (B,E,G)
- 13. Discuss and demonstrate the proper technique to exit the ski lift. (B,E,G)
- 14. Discuss and demonstrate knowledge of snow skiing safety practices, etiquette, and terminology. (B,C,F)
- 15. Evaluate and correct errors in skiing form and execution. (A,D,G)
- 16. Execute a side-hill slide. (A,D,F,G)

17. Recognize slope signs indicating degree of difficulty to safely ski the slope. (B,C,E,F)
18. Execute linked wedge turns under control. (A,D,G)
19. Demonstrate linked wedge turns with the addition of sliding the uphill ski into a parallel position. (stem christie) (A,D,G)
20. Execute the proper way to traverse the slope while skiing. (A,D,F,G)
21. Practice and demonstrate a parallel stop. (A,D,G)
22. Discuss, practice, and begin to initiate parallel turns while skiing down slope. (A,D,G)

The ski classes are taught using Professional Ski Instructors Association Standards (PSIA) through the progression of skiing techniques. Students are grouped in the lessons based on experience and skill techniques. The above list represents a typical beginning ski course of instruction. There are several levels of ski skills after the beginning lessons. The students may progress into these during the course or may begin the course with proficiency in the beginner techniques. These students are evaluated in their performance of skiing skills and placed in classes based on technique. Each class is four hours long with three hours of the lesson in instruction and one-hour of free practice.

PSIA Beginning Phase Skill List:

Gliding wedge, braking wedge to stop, wedge change-ups, herringbone, sidestep, traverse, kick turn, pole push

PSIA Intermediate Phase Skill List:

Hockey stop, sideslip, uphill wedge Christie, pole plant and swing, skating, leapers, wedge edge locks

PSIA Advanced Phase Skill List:

Hop turns, Short turns with edge set, absorption turns, step turns (converging and diverging), thousand steps, javelin, advanced sideslips

* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

IV. Evaluation:

- A. Written Exam: 20% of grade
- B. Laboratory Expectations: 0% of grade
- C. Field Work: 0% of grade
- D. Other Evaluation Methods: 80% of grade

Skill Evaluation: 40 points

Attendance and participation: 40 points

The student is allowed one absence. After one absence, the grade will be lowered one letter grade. Two absences will result in a failing grade. Students who fail to participate in assigned activities will be counted as absent. (This is a five-week course)

E. Grading Scale:

- | | |
|----|----------------|
| A | 93 -100 points |
| B+ | 92 - 88 points |
| B | 87 - 83 points |

C+	82 - 78 points
C	77 - 73 points
D+	72 - 68 points
D	67 - 62 points
F	61 below points

V. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Make-up policy:

After one week, students will not be allowed to make-up written examinations.

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.

Tardy Policy:

Students, who are more than fifteen minutes late to class, will be considered absent.