

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

INTRODUCTION TO SNOWBOARDING
PHED 1080

Class Hours: 2.0

Credit Hours: 1.0

Laboratory Hours: .0

Revised: Fall 2014

Catalog Course Description:

Focus will be placed on fundamentals of snowboarding and snowboarding safety with particular emphasis on acquisition of skill. Snowboarders of all skill levels are welcome in this course. Students who already ride/board are evaluated by skill level and placed into appropriate groups. Boarders are able to progress through skill levels from beginners through advanced. Skills are taught according to the American Association of Snowboard Instructors (AASI) guidelines and criteria.

Entry Level Standards:

1. The student must be at least 18 years of age prior to the beginning of the course.
2. The course is offered the first 5-week session each spring semester.
3. The course is off-campus and students must provide their own transportation to the site.
4. Extra fees apply.

Prerequisites:

None

Textbook(s) and Other Course Materials:

Textbook is recommended, but not required
Bennett, Jeff, Scott Downey, and Charles Arnell. The Complete Snowboarder. 2nd ed. Camden, ME: Ragged Mountain Press/McGraw Hill, Co., 2001. ISBN: 0-07-135787-4

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	Snowboard lesson based on skill level
3	Snowboard lesson based on skill level
4	Snowboard lesson based on skill level
5	Snowboard 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. Provide time, place, and instruction for students to practice and execute proper snowboarding techniques. (V, 1) (III, 5) (I, 6)
- B. Provide knowledge of snowboarding etiquette and safety. (I, 6) (III,3)
- C. Provide knowledge of snowboarding terminology. (VII, 4) (VII, 5)
- D. Provide tools to help students effectively evaluate and correct errors in snowboarding form and execution. (III, 5)
- E. Provide knowledge of snowboarding strategies to safely board/ride on diverse terrains and slope difficulty. (VII, 5) (I, 6)
- F. Provide knowledge of snowboarding equipment and facilities. (VII, 3) (VII, 5)
- G. Provide knowledge of Snowboarding form and technique. (I, 6 & I,7)

*Roman numerals after course objectives reference TBRs general education goals.

III. Expected Student Learning Outcomes*:

Students will be able to:

- 1. Demonstrate knowledge of proper apparel for Snowboarding. (E)
- 2. Execute putting on snowboard equipment, such as boots, board, and safety leash. (E)
- 3. Read and discuss the Slope Responsibility Code. (B, C, F)
- 4. Demonstrate knowledge of stance choices and choose their preferred stance.
- 5. Demonstrate proper body positioning while on the board. (A, D, G)
- 6. Demonstrate sliding technique with balance. (A, D, F, G)
- 7. Demonstrate toe- edge and heel- edge stops. (A, D, F, G)
- 8. Demonstrate a basic slide slip. (A, D,G)
- 9. Demonstrate basic traverse. (A, D,G)
- 10. Perform a straight glide. (A, D,G)
- 11. Perform a j-turn. (A, D, G)
- 12. Execute back foot out maneuvers. (A, D, F, G)
- 13. Demonstrate proper way to get up from fall. (A, D, F, G)
- 14. Define and identify the fall-line. (B, C, E, F)
- 15. Demonstrate skidded turns under control. (A, D, F, G)

16. Execute using feet to guide turning. (A, D, F, G)
17. Demonstrate proper technique for entering and exiting the rope tow. (B, E, G)
18. Discuss and demonstrate the proper technique to enter the ski lift. (B, E, G)
19. Discuss and demonstrate the proper technique to exit the ski lift. (B, E, G)
20. Discuss and demonstrate knowledge of snowboarding safety practices, etiquette, and terminology. (B, C, F)
21. Evaluate and correct errors in snowboarding form and execution. (A, D, G)
22. Execute using edges to create gentle arcs. (A, D, F, G)
23. Demonstrate the techniques of fles to end the turn and extend to start the turn. (A, D, G)
24. Recognize slope signs indicating degree of difficulty to safely snowboard on the slope. (B, C, E, F)
25. Execute the falling leaves turn. (A, D, G)
26. Execute the proper way to traverse the slope while boarding. (A, D, F, G)
27. Practice and demonstrate a controlled stop. (A, D, G)
28. Discuss, practice, and begin to initiate linked skidded turns while riding down increasingly difficult slopes. (A, D, G)

The snowboard classes are taught using American Association of Snowboard Instructors (AASI) throughout the progression of snowboarding techniques. Students are grouped in the lessons based on experience and skill techniques. The above list represents a typical beginning/intermediate snowboard course of instruction. There are several levels of snowboard 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. The students are evaluated in their performance of snowboarding 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. Passes enable the student to have access to extra practice.

AASI Beginning Phase Skill List:

Walking with board, straight glide, j-turn, back foot out maneuvers, basic slideslip, basic traverse, safety awareness, equipment orientation, able to ride lifts, more advanced levels for sideslip and traversing, make turns on beginner slope, linking skidded turns, falling leaf, controlled sideslips

AASI Intermediate Phase Skill List:

In addition to the above list; dynamic skidded turn, flat spin 180's and 360's, sideslip-to-turns-to slideslip, quick stops, turns without traverses, vary turn shapes and sizes increased speed, higher edge angles for linked skidded turns, carving, hops, strong centered stance, enhancing edging skills, basic jumps, ollies

AASI Advanced Phase Skill List:

Carving, controlled jumps, develop style and precision, use of flexion and extension for more dynamic turns, increased body angles at ankles, knees, hips, and spine, higher speeds, steeper terrain, bumps, expand versatility, mastery of different snow surfaces, refinement of

timing, intensity, and tactics, speed, tricks

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

IV. Evaluation:

A. Testing Procedures:

Written Exam: 20% of grade

B. Laboratory Expectations:

n/a

C. Field Work:

n/a

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.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

C. Accommodations for disabilities:

Students that 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 Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to disabilityservices@pstcc.edu, or by visiting Alexander 130. 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.

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 twenty minutes late to class, will be considered absent.