

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

INTRODUCTION TO SNOWBOARDING
PHED 1080

Class Hours 0.0

Credit Hours 1.0

Laboratory Hours 2.0

Date Revised Spring 2017

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.

Prerequisites

None

Corequisites

None

Textbook(s) and Other Course Materials

No text required

Week/Unit/Topic Basis

Week Topic

Pre-Snowboard Seminar: Contact instructor for day and time. Seminar includes general information; completion of forms; introduction and syllabus; proper clothing; slope safety; question and answer session.

Week 1 through week 5: Follow Seminar instructions and each class night: Pick-up equipment, be prepared to ride, and be at Gatlinburg Snowsports Center at Ober Gatlinburg by 6pm. Each class will be a combination of on snow instruction (2 to 2 & 1/2 hours) and independent practice (1 & 1/2 to 2 hours)

The snowboard classes are taught using the American Association of Snowboard Instructors (AASI) progression of snowboarding techniques. Students are grouped in

lessons based on experience and skill techniques. The student outcomes list represents a typical beginning/intermediate snowboard course of instruction. There are several levels of snowboard skills after the beginning lessons. The students will progress at their own rate through the progression of techniques. Students that are not beginners are evaluated in their performance of snowboarding skills and placed in classes based on the student's level of proficiency.

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 angels 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 angels 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

Course Goals

NOTE: Roman numerals after course objectives reference TBR General Education Goals.

The course will

- A. Enhance student's ability to gather and analyze information regarding correct techniques and strategies to be applied in practice and free riding settings. I.6, III.5, V.1 VII.5
- B. Guide students to understand and employ proper etiquette, sportsmanship, and safety before, during and after free riding and practice. III.3
- C. Develop the student's knowledge of the sports terminology and provide students with a setting where they may use correct language when referring to rules, equipment, facilities, and conditions. 1.6, VII.4, VII.5
- D. Expand student's understanding of multiple aspects of the sport by giving them an opportunity to snowboard while applying the skill instructions during class practice and free riding. III.1, VII.5

- E. Expand student's knowledge of the historical development of the sport, as well as the equipment and facilities employed in the sport. II.5, IV.5, VII.3, VII.5
- F. Enhance the student's ability to understand proper technique, apply proper technique, and effectively evaluate and correct execution errors. III.5

Expected Student Learning Outcomes

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

The student will

1. Demonstrate knowledge of proper apparel for snowboarding by wearing the clothing to class. B, E
2. Execute putting on snowboard equipment, such as boots, board and safety leash. B, C, E, F
3. Read, discuss and follow the Slope Responsibility Code. B, C, E
4. Demonstrate knowledge of stance choices and choose his/her preferred stance. A, B, D, F
5. Demonstrate proper body positioning on the board. A, F
6. Demonstrate sliding technique with balance. A, C, D, F
7. Perform toe-edge and heel-edge stops. A, C, D, E, F
8. Perform a basic slide slip. A, C, D, F
9. Demonstrate basic traverse skills. A, C, D, F
10. Perform a straight glide. A, C, D, F
11. Perform a j-turn. A, C, D, F
12. Execute back foot maneuvers. A, C, D, F
13. Demonstrate proper way to stand back up after a fall. A, C, D, F
14. Define and identify the fall line. A, C, D, E, F
15. Demonstrate skidded turns under control. A, C, D, F
16. Execute using feet to guide turning. A, C, D, F
17. Demonstrate proper technique for entering and exiting the rope tow. A, C, D, E, F
18. Discuss and demonstrate the proper technique for entering and exiting the lift. A, C, D, E, F
19. Discuss and demonstrate knowledge of snowboarding safety practices, etiquette, and terminology. B, C, E
20. Evaluate and correct errors in snowboarding form and execution. A, F
21. Execute using edges to create gentle arcs. A, C, D, E, F
22. Demonstrate flex to end the turn and extend to start the turn. A, C, D, F
23. Recognize slope signs indicating degree of difficulty to safely snowboard on the slope. B, C, E
24. Execute the falling leaves turn. A, C, D, F
25. Practice and demonstrate a controlled stop. A, C, D, F

26. Discuss, practice, and began to initiate linked skidded turns while riding down increasingly difficult slopes. A, C, D, E, F

Evaluation

Testing Procedures

Written exam 20 Points

Skill Test 20 Points

Laboratory Expectations 0% of grade

N/A

Attendance and Participation 60 points

The student is allowed one absence which should be made up on the students own time. Documentation of make-up is noted by checking in at Gatlinburg Snowsports Center and notifying the course instructor. One absence without makeup is 16 points deducted from the attendance grade. Two or more absences results in a failing grade.

Extra Credit 5 points: Students may write a synopsis of snowboard competitions/demonstrations from television, DVD, or You Tube.

Grading Scale

A	93 -100 points
B+	92 - 88 points
B	87 - 83 points
C+	82 - 78 points
C	77 - 73 points
D	72- 62 points
F	1 below points

Policies

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.

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.

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](#) (<http://www.pstcc.edu/sswd/>) may be contacted via [Disability Services email](#) or by visiting Alexander 130.

Other Policies

Physical Education Activity Attendance:

See Attendance and Participation under Evaluation

Make-up

1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make-up one absence. See Attendance and Participation under Evaluation for further information.

Tardiness/Lateness

Students are expected to be on time for class. Students late for class will have points deducted from the participation total. Ten minutes late will result in an absence

Dress

Student should wear attire appropriate for scheduled activity

Cell Phone

Use of cell phones (texting, talking, surfing the web, reading emails, etc.) will be limited to approved classroom activities. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

Stepping out of the Classroom

Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss any material covered in class.

Exercise Disclaimer

Please consult your physician or medical professional before starting any exercise, diet, treatment, health, self-help, nutrition or any other related program.

Injury

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.

Gum, Food, Drink, etc.

In accordance with the guidelines of the Student Recreation Center, any type of chewing gum, tobacco products, food, or drinks are not allowed in Physical Education classes. The exception would be that WATER is allowed in the weight room provided that it is in a spill-proof container.