## Course Outcome Summary

### Standard Course

#### HPE 185 Snowboarding

### Course Information

<table>
<thead>
<tr>
<th>Division</th>
<th>Health Sciences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Hours</td>
<td>2</td>
</tr>
<tr>
<td>Theory</td>
<td>2</td>
</tr>
<tr>
<td>Lab Hours</td>
<td>30</td>
</tr>
<tr>
<td>Total Credits</td>
<td>1</td>
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</tbody>
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### Prerequisites

ENGL 090 and RDG 090 or qualifying scores on ACT or COMPASS tests

### Course Description

This course provides students an opportunity to learn snowboarding skills along with the knowledge and understanding of concepts related to snowboarding. Course content will include: selection of clothing and equipment, terminology, fundamental skills of snowboarding and safety. Written and/or skills tests are a part of this course. Students will benefit from the emphasis on individual lifetime sport and recreation activity while receiving one hour of credit toward a degree. This course meets off campus and will require significant physical effort. Students must be at least 18 years of age and be in good physical condition to participate.

### Course Outcomes

In order to evidence success in this course, students will be able to:

1. Identify/Recognize:
   - selection of proper equipment and clothing for related snowboarding activities
   - maintenance of equipment
   - specific terms and definitions related to snowboarding
   - rules of safety related to snowboarding

2. Demonstrate/Practice:
   - prompt and regular attendance
   - safety rules at all times
   - timely completion of snowboarding skills
   - the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of snowboarding ability

3. Believe/Feel/Think:
   - that through pre- and post-evaluation, the student's attitudes will be evaluated relating to physical fitness and snowboarding ability
   - the positive benefits exercise has on one's health
   - a positive attitude and high energy level are essential for success