



Course Outcome Summary

Standard Course

HPE 285 Intermediate Snowboarding

Course Information

Division	Health Sciences
Contact Hours	2
Theory	2
Lab Hours	30
Total Credits	1

Prerequisites HPE 185

Course Description

This course provides students an opportunity to improve and advance snowboarding skills learned in HPE 185 Snowboarding. Course content will start with a review of basics, such as selection of clothing and gear, terminology, the basic skills of snowboarding in theory and then practice. New, advanced skills of snowboarding will follow, along with a more sophisticated look at the sport. Written and performance based tests are a part of this course. Students will benefit from advanced training in an individual lifetime sport and recreational activity while receiving one hour of credit toward a degree. This course will require significant physical effort. Student 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:
 - a. selection of proper equipment and clothing for related snowboarding activities
 - b. maintenance of equipment
 - c. specific terms and definitions related to snowboarding
 - d. rules of safety related to snowboarding
2. Demonstrate/Practice:
 - a. prompt and regular attendance
 - b. safety rules at all times
 - c. timely completion of snowboarding skills
 - d. the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of snowboarding ability
3. Believe/Feel/Think:
 - a. that through pre- and post-evaluation, the student's attitudes will be evaluated relating to physical fitness and snowboarding
 - b. the positive benefits exercise has on one's health
 - c. a positive attitude and high energy level are essential for success