



Course Information

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

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:
 - 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 ability
 - b. the positive benefits exercise has on one's health
 - c. a positive attitude and high energy level are essential for success