



Course Information

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

Prerequisites HPE 193

Course Description

Course content for physical education activities will include a review of basics regarding: selection of clothing, equipment, terminology, fundamental skills, and safety. Written and/or skills tests are a part of each course. The purpose of this course is to provide students an opportunity to advance snow skiing skills and the knowledge and understanding of concepts related to more advanced skiing. Students will benefit from today's emphasis on lifetime individual sport and recreational activities while receiving one hour elective credit for either their associate's degree or for personal enjoyment. This course is also transferable to many four-year institutions as a P.E. credit for those students seeking a baccalaureate degree. Students should progress from basic snow skiing skills to intermediate level snow skiing or an appropriate level of skill determined by mutual student and faculty analysis.

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 skiing activities
 - b. maintenance of equipment
 - c. specific terms and definitions related to snow skiing
 - d. rules of safety related to snow skiing
2. Demonstrate/Practice:
 - a. prompt and regular attendance
 - b. safety rules at all times
 - c. timely completion of snow skiing skills
 - d. the selection and establishment of challenging yet reachable semester ending goals through pre- and post-evaluation of snow skiing ability
3. Believe/Feel/Think:
 - a. that through pre- and post-evaluation, the student's attitudes will be evaluated relating to physical fitness and snow skiing
 - b. the positive benefits exercise has on one's health
 - c. a positive attitude and high energy level are essential for success