

Mayland Community College P.E. Program (Snow Skiing Intermediate)

PED 182.20 Snow Skiing Intermediate

Spring 2006

Syllabus

A. Course Description

This course is designed to further develop snow skiing skills. Topics include selection and care of equipment, parallel skiing and turns, christies, advanced jumps, trail skiing, and slalom racing. Upon completion, students should be able to ski on varying terrains and snow conditions with control and safety. *This course has been approved to satisfy the Comprehensive Articulation Agreement pre-major and/or elective course requirement.*

Prerequisites: None Corequisites: None
Contact hours: 2 Credit hours: 1

B. Lessons

Six classes will be given starting January 9, 2006 from 5:10-9:50pm during the months of January and February.

- A one-hour orientation session from 4:10-5pm at Sugar Mt. will start the program on January 9th. Lessons will always begin at 6pm and run for one hour. Meet at the Group Sales Office for the orientation.
- The five remaining classes will commence every consecutive Tuesday at Sugar Mt. Resort at 5:10pm
- If inclement weather causes the cancellation of evening classes at Mayland Community College, this class will also be canceled.**
- Make-up dates will be the seventh week if applicable.
- An instructor skills test will be given on the sixth scheduled lesson date.
- Instruction is by Sugar Mountain's certified instructors.
- A written final exam will be taken home for completion (for 1 hour credit)
- Total contact hours of the course are 32.

C. Course Outline

First Lesson:

Focus on exploring and improving the wedge christie turn with goal to introduce the students to parallel turns, wedge christie turns on easier blue runs. Wedge christie turns on easier blue runs using a wedge or step to enter the turn, then matching the skis in a wide stance. Exercises that promote a parallel matching of the skis prior to the fall line, while adapting turn shape and speed to complement the terrain and snow conditions.

Second Lesson:

Focus on parallel turns with simultaneous edge change on green and blue terrain. Open stance parallel turns, varying the rhythm, shape and stance. Dynamic movements and independent leg action.

Third Lesson:

Improves the parallel turn through the introduction to dynamic-parallel turns, improvement of skills in bumps, gates, steeper terrain and variable snow skiing open stance parallel turns on all blues. Develop and maintain rhythm and speed control. Begin to develop short radius parallel turns in the fall line.

Fourth Lesson:

Improving on dynamic-parallel turns in all snow conditions and on all slopes. Skiing short and long dynamic parallel turns on green, blues and easier black slopes. Skiing with confidence in all snow conditions.

Fifth Lesson:

Explore and improve dynamic skiing in all environments and includes timing, intensity and duration of movements. All kinds of skiing at dynamic speeds. Enhancing the student's ability to determine and select proper tactics to enhance skiing in all snow conditions and terrain.

D. Final Exam: (will ultimately be multiple choice)

- 1.) What is a sidecut?
- 2.) What is a christy?
- 3.) What is the fall line?
- 4.) List your 7 Responsibility Code.
- 5.) What are AASI and PSIA?
- 6.) What are rotary movements?
- 7.) What are edge control movements?
- 8.) What are pressure control movements?
- 9.) What are balance movements?
- 10.) How do people learn to ski?

MISSION STATEMENT AND LEARNING OUTCOMES

Mayland Community College's General Education core courses will provide the essential body of knowledge and skills that enable all degree-level students to perform competently as employees and as contributing members of society.

Graduates of all degree programs at Mayland Community College will have completed the general education core. That core encompasses the essential knowledge and skills that enable all degree-level students to perform competently as employees and as contributing members of

society. Upon completion of the general education core, students will be able to demonstrate the following:

1. Effective communication in speaking and listening situations needed for college, personal, and work successes
2. Effective communication in writing and reading situations needed for college, personal, and work successes
3. Logical, critical, and creative thinking to evaluate evidence and reach a conclusion
4. Application of basic computer use skills
5. Application of fundamental math skills
6. Basic awareness of the diversity of various world groups from both historical and contemporary contexts

Note: Each student is responsible for paying the \$60 fee for the course directly to Sugar Mountain at the first session. This fee covers the equipment rental and lift tickets.

Sugar Mountain Resort
in conjunction with
Mayland Community College
Spring 2006