

Mayland Community College P.E. Program (Snowboarding)

PED 212.20 Snowboarding -- Beginning Spring 2007

Syllabus

A. Course Description

This course is designed to develop the basic knowledge and skills of snowboarding. Topics include equipment, conditioning exercises, terminology, safety, rules, fundamental skills, and the use of lifts. Upon completion, students should be able to snowboard downhill, enter and exit a ski lift, and perform basic maneuvers on a snowboard. *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 Tuesday, January 9, 2007, from 4:10-9:50 on January 9 and at 5:10-9:50pm the 5 subsequent Tuesdays during the months of January and February.

- A one-hour orientation session from **4:10-5:10pm** at Sugar Mt. will start the program on January 9. Meet at the Group Sales. Lessons will always begin at 6pm and run for one hour.
- 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:

- 1.) Equipment
 - a. Evaluate whether the student should ride regular or goofy
 - b. Anatomy of a snowboard
 1. tip and tail, sidecut
 2. leash

- 3. binding
- 4. toe and heel edge
- 2.) Effective Posture
 - a. gives ability to move up, down, forward, backward and side to side
 - b. is relaxed
 - c. has the upper body aligned with lower body
 - d. has body weight distributed evenly and both feet directly over the feet
- 3.) First riding skills
 - a. edge angle
 - b. rotation
 - c. pressure distribution
- 4.) Riding the lift- go over riding the lift and getting off
- 5.) First ride down
 - a. traverse across slope
 - b. heel and toe slips
 - c. linked traverse
 - e. falling leaf drills
 - f. half turns to first full turns- toe to heel

Second Lesson:

- 1.) review first lesson
- 2.) stance
 - a. which leg is forward
 - b. where shoulders, arms and eyes should be
- 3.) half turns to full turns to rounded turns
- 4.) working on basic turns

Third Lesson:

- 1.) review lessons
- 2.) basic switch turn
- 3.) movement concepts
- 4.) 180 degree flat spins

Fourth Lesson:

- 1.) dynamic skidded turns
- 2.) turns around gates or cones
- 3.) more 180-degree fat turns
- 4.) carving

Fifth Lesson:

- 1.) introduction to powder
- 2.) bumps
- 3.) steeps
- 4.) switch

Sixth Lesson:

Skills Test

- 1.) turns around gates or cones
- 2.) 180-degree fat turns
- 3.) ride a little switch

4.) 10 round turns

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

- 1.) What is side-cut?
- 2.) What is goofy and regular?
- 3.) When riding lift, do you have to have one foot out of binding?
- 4.) When riding lift, do you have to use a leash?
- 5.) List your 7 Responsibility Code.
- 6.) Where should your shoulders be when riding?
- 7.) Where should you be looking when riding?
- 8.) What is the fall line?
- 9.) What is garland?
- 10.) What are PSIA and AASI?
- 11.) What is switch?

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 \$120 fee for the course directly to Sugar Mountain at the first session. This fee covers the equipment rental and lift tickets.

If you have an accident on the slope during the scheduled lesson and practice, report it to the instructor and the Ski Patrol. Report an accident even if you don't think you are hurt—in case you find out the next day that you have had an injury that needs medical

attention. This notification of any possible injury will ensure that Mayland Community College's insurance will help with coverage.

You are also responsible for bringing and using the protective equipment recommended by your instructor.

Sugar Mountain Resort
in conjunction with
Mayland Community College
Spring 2007