

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Beginning Snowboarding  
Semester Course Prefix and Number: PHED 1421  
Old Quarter Course Prefix and Number: PE 102

Submitted By: Phy. Ed. Dept.  
Approval Date:  
Revision Date: Feb. 2002

Number of Credits: 1      Number of Lecture Credits:  
Semester(s) Offered:      Number of Lab Credits: 1      Number of Lab Hours:  
Negotiated Class Size:      Number of Studio/Demonstration/Internship Credits:

**Course Purpose Code:**

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

**Catalog Description:**

This course provides basic skills for lifelong participation in snowboarding. This class will begin at the non-snowboarding level and progress through parallel turns. The class will meet at Giant’s Ridge Ski Resort, one day a week for eight weeks (2 hour sessions).

**Prerequisites and/or recommended entry skills/knowledge:**

Course Prerequisite(s): None  
Reading Prerequisite: None  
Composition Prerequisite: None  
Mathematics Prerequisite: None

**Career Programs and Transfer Majors Accessing this Course:**

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer’s approval are required).

- 0.  None
- 1.  Communications
- 2.  Critical Thinking
- 3.  Natural Sciences
- 4.  Mathematical/Logical Reasoning
- 5.  History and the Social and Behavioral Sciences
- 6.  The Humanities and Fine Arts
- 7.  Human Diversity
- 8.  Global Perspectives
- 9.  Ethical and Civic Responsibility
- 10.  People and the Environment

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

The student will:

- Know what is necessary in equipment, skill, and habits to be a safe snowboarder
- Progress from the beginner to parallel turns
- Understand various snow conditions and terrain
- Develop an understanding of how to purchase, adjust, and use equipment

**Student assessment methods:**

Attendance Standards

- A - no absence
- B - 1 absence
- C - 2 absences
- D - 3 absences
- F - 4 absences

- Skill performance
- Written test
- 20 hours snowboarding outside of class
- Journal

**Use of instructional technology** (includes software, interactive video and other instructional technologies):

Giant's Ridge Instructors

**Outline of the major course content:**

- Selecting and fitting equipment
- Walk and turn on the flat
- Beginning parallel turns
- Down hill and turning skills
- Adjusting to snow changes and variations in terrain
- Gliding wedge turns
- Various up-hill skills

**Additional special information** (special fees, directives on hazardous materials, etc.)

Lab fees cover the cost of the ski tow. Students must own or rent equipment.

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

**Approvals:**

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Meet and Confer		
Chief Academic Officer		

Distribution: Original – Administrative Office, Library, Learning Center, Records, Student Services, Curriculum Committee Chair