

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Beginning Downhill Skiing
Semester Course Prefix and Number: PHED 1467
Old Quarter Course Prefix and Number: 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 will present basic skills needed for lifelong participation in skiing. This class will begin at the non-skier level and progress through the basic skills of balance, rotary, edging, pressure skills, and wedge and parallel turns. The language of ski safety will also be discussed. The course will be divided into ability levels as needed. The class will meet at Giant's Ridge Ski Resort.

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 skier
- 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 skiing outside of class
- Journal

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

Video - The Alpine Ski School
Giant's Ridge Instructors

Outline of the major course content:

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

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