

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Intermediate Downhill Skiing  
Semester Course Prefix and Number: PHED 1468  
Old Quarter Course Prefix and Number: 103

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 presents basic skills needed for lifelong participation in skiing. The class focuses on the advanced skills and techniques of downhill skiing. Technique and skill development in traversing, turning, speed control, and stopping will be included. This course is geared to those with skiing experience, with students having mastered beginning skiing skills. The class will meet at Giants 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:

- Learn to control skiing turns in varying radius and speed
- Understand how to evaluate, adjust, and properly use equipment
- Understand and apply safety procedure in skiing
- Control skis on difficult terrain and varying snow conditions
- Understand how to get on and off the lifts safely

**Student assessment methods:**

Attendance Standards

A - no absence, 2 assignments

B - 1 absence, 1 assignment

C - 2 absences, no assignment

D - limit of 3 absences

F - 4 absences

Optional Assignments:

1. Journal

2. 20 hrs. skiing out of class

3. Skill test

4. Report

5. Art

6. Photography

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

Video

**Outline of the major course content:**

Beginning parallel turns

Medium radius turns

Dynamic parallel turns

Skiing the bumps

Control skis on difficult terrain and varying snow conditions

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

Lab fees cover the cost of the ski tow or must have a season ticket.

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		

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