

Common Course Outline
PEOD 130
Skiing
1 Semester Hour

The Community College of Baltimore County

Description

Skiing

Provides the beginner to the advanced skier with in-class and on-slope instruction. Four-day, three-night ski trip, transportation, accommodations, equipment, most meals and lessons included in trip fee.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. participate in a pre-ski physical fitness program.
2. understand the uniqueness of ski equipment.
3. discuss the body mechanics of skiing.
4. perform various ski techniques.
5. develop an immediate appreciation for the safety aspects and dangers of downhill skiing.
6. be aware of ski-trail signs and symbols.
7. practice a variety of ski forms and techniques.
8. practice safety and courteous skiing.
9. function appropriately during an emergency on the slope.
10. understand the function of the ski patrol.
11. plan a ski trip.
12. Experience this unique outdoor ski-experience both ecologically and aesthetically.

Major Topics

1. Pre-planning and trip itinerary with videotapes.
2. Discussion and participation of individual physical fitness program.
3. The body language of downhill skiing.
4. Equipment use, function, safety consideration – demonstration.
5. Clothing – suggestions – demonstration
6. Discussion regarding safety including proficiency level.
7. Discussion regarding air temperature, hypothermia, frostbite.
8. Practice use of the on-slope equipment: lifts, towropes, etc.
9. Practice actual ski technique on slope – stopping, turning.
10. Develop proficiency integrating technique with balance.
11. Assess personal weak points – practice through these.
12. Gather for farewell party and story telling.

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member but will include the following:

1. Attendance at all class sessions.
2. Participation in personal fitness routine.
3. Write one four-page paper – topics to be discussed in class.
4. Participate in ski-trip experience
5. Written final quiz.

Other Course Information

We take seriously our responsibility to maintain high-quality programs and will periodically ask you to participate in assessment activities to determine whether our students are attaining the knowledge, attitudes and skills appropriate to various courses and programs. The assessment activities may take many different forms such as surveys, standardized or faculty-developed tests, discussion groups or portfolio evaluations. We ask that you take these activities seriously so that we can obtain valid data to use for the continuous improvements of CCBC's courses and programs.