



## ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 199650

CSU GE:

CSU E1, effective 199650

IGETC:

CSU TRANSFER:

Transferable CSU, effective 199650

UC TRANSFER:

Transferable UC, effective 199650

PREREQUISITES:

COREQUISITES:

STUDENT LEARNING OUTCOMES:

1. Develop an appreciation for physical fitness and the sport of skiing.
2. Identify his/her own values and physical capabilities.
3. Develop self-confidence.

TOPICS AND SCOPE:

Inactive Course: 12/08/2008

- 1 3 Introduction to ski conditioning P.E. 41 procedures and requirements. History of skiing, pre-testing of blood pressure, muscular strength, flexibility, and endurance, aerobic capacity and endurance.
- 2 3 Intro to warm-up and conditioning exercises and to progressive weight training.
- 3 3 Warm-up and conditioning exercises, intro to heart rates and target range, aerobic circuit, weight training. Selection of equipment.
- 4 3 Warm-up, conditioning, aerobic circuit, weight circuit. Care of equipment.
- 5 3 Warm up, conditioning exercises, interval work out, weight circuit. Vehicle preparation for winter driving.
- 6 3 Warm-up, conditioning exercises, aerobic training, weight training. Clothing to wear for skiing, layering, exposure problems.
- 7 3 Warm-up, conditioning, aerobic circuit, weight circuit. Safety and etiquette on the slopes.
- 8 3 Post-testing the tests done week one. Beginning Ski technique, i.e. walking, climbing, falling, getting up, traversing.
- 9 3 Continued performance integrating skills and conditioning. Written and demonstration final, incorporating all nine weeks of class instruction.

COURSE OBJECTIVES:

1. State the importance of conditioning prior to engaging in the skill development of the sport for health and safety reasons.
2. Perform conditioning stretches and exercises and describe the fitness principles behind them.
3. Perform conditioning exercises with progressive intensity and

duration. Know what to look for when selecting skis, boots, bindings, poles, etc.

4. Perform conditioning exercises with continued progressive intensity and duration. Know and perform care for equipment and waxing techniques.

5. Add intensity and duration to conditioning activities and add to it interval conditioning. Discuss how to prepare your car for winter conditions i.e., tires, chains, four wheel drive, emergency kits, what to do in a skid on ice, how to drive at night in winter conditions.

6. Perform conditioning, aerobic, weight training with increased intensity. Know and demonstrate proper dress for skiing and its relationship to exposure, hypothermia, frost bite, etc.

7. Perform continued progressive conditioning activities. Discuss safety on the slopes, universal rules, and etiquette.

8. Discuss post-testing scores and increased performance on them. Perform beginning ski technique skills and know their relationship to equipment used.

9. Ski technique skills i.e., gliding wedge, gliding wedge turn, traversing, hockey stop. Written and demonstration test on skiing history, conditioning principles, safety, driving, clothing, care of equipment, buying of equipment, skiing techniques, safety and etiquette.

#### METHODS OF INSTRUCTION:

Instruction will be essentially through demonstration and practical exercise as this is an activity class. Some lecture and film methods will be used to cover equipment, technique, cross-country skiing, etc.

#### METHODS OF EVALUATION:

Subjective evaluation based on activity, participation and perserverance. Objective evaluation based on: attendance, improvement in repetition of exercise via practical final exam, final written exam on equipment, technique, etc.

#### REPRESENTATIVE TEXTBOOKS:

#### SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 41

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000456147

Sports/Physical Education Course: Y

Taxonomy of Program: 083510