

# Fond du Lac Tribal and Community College

## COURSE OUTLINE

Date submitted: 11/21/07 Date approved:

Department and Course Number: PE 1019

Title of Course: Beginning Cross Country Skiing

Number of credits: Lecture Lab 1

### Catalog/Course Description:

This course includes: basic skills in diagonal technique, short excursions to local ski trails, development of general knowledge concerning the sport of cross-country skiing. (Student provides own equipment; Minnesota state cross-country ski license required).

### **Placement for Success prerequisites:** (See instruction sheet)

Reading: Level 1 English/Writing: Math:

Recommended course materials and resources, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers. If applicable.

Students are expected to attend all lectures and working sessions, participate in all activities and discussion, listen to and follow directions, complete assignments on time, and request assistance when needed. Students are expected to assist with equipment when necessary. Attendance and class participation are critical in this class. Student provides own equipment-skis, boots, poles.

### Special Information:

This class is intended for students of all ages and abilities. Any individuals who have not participated in physical activities are advised to consult a physician before participating. Any history of disease or disability requiring limited participation should be reported to the instructor.

Activity classes even under the safest possible conditions can be hazardous. Safety rules must be followed to minimize the risk of injury.

Other resources:

-If you can walk-video

- Classic ski technique-video
- Cross country skiing for beginners-video
- Trip to North Star Bike and Boards for equipment fitting-Duluth
- Polar Heart Rate Monitor Use-video

Textbook:

Study Guide- Statzell

Relationship of proposed course to the department mission and goals:

This course develops skills in the individual area of fitness-cross country skiing. It meets the department mission by providing instruction in a lifetime physical activity. It meets the College Goal of wellness.

Wellness is the recognition and incorporation of healthy behaviors into one's lifestyle. The department of PE recognizes the value of participation in fitness and recreational activities as one of many important behaviors for the development of a wellness lifestyle. This course may contribute to your implementation of appropriate wellness behaviors.

Course goals:

Goal: To develop abilities (physical, cognitive, fitness, affective) necessary to participate in lifetime aerobic activity of cross-country skiing.

Goal: To acquire a positive attitude toward physical activity and the knowledge and skills to develop and maintain an appropriate fitness level.

Learning outcomes: (A minimum of one learning outcome shall be provided for each course goal)

State a minimum of two assessment instruments for each learning outcome.

Outcome: To identify and appropriately use skiing terminology, safety and trail etiquette while skiing on trails.

Assessment: Written exam

Assessment: Self assessment

Outcome: To demonstrate sound principals in planning a skiing program.

Assessment: Self-assessment

Assessment: Individualized program chart

Assessment: Journal entries

Outcome: To demonstrate the ability to execute the:

-Classical stride

-Double poling

- Snowplow
- Herringbone
- Kick turn
- Step turn
- Getting up after fall
  - Assessment: Self-assessment (performance check-off)
  - Assessment: Individualized program chart

Outcome: To apply during class walks.

- Heart rate palpitations or use of polar hear rate monitor
- Progress charting
- Warm up and cool down exercises
- Correct technique
  - Assessment: Self assessment
  - Assessment: Journal entries

Course content:

(Provide an outline of major topics covered in course)

- Nature and Purpose of cross-country skiing
- Physiological Basis for cross-country skiing
  - Posture
  - Muscular system
  - Circulatory system
  - Respiratory system
  - Weight control
- Cross country skiing equipment and clothing
- Principles of a Basic Skiing program
- Self testing activities
- Lecture/practice in class of above skills

Placement for Success prerequisite

Check one of each area--English, reading, and math

Prerequisite	X
English level 1	
English level 2	
no English prerequisite	X
Reading level 1	X
Reading level 2	
Reading level 3	
no Reading prerequisite	
Math level 1	
Math level 2	
Math level 3	
Math level 4	
no Math prerequisite	X