

PE-1215: SNOWBOARDING

Cuyahoga Community College

Viewing: PE-1215 : Snowboarding

Board of Trustees:

June 2023

Academic Term:

Fall 2023

Subject Code

PE - Physical Education

Course Number:

1215

Title:

Snowboarding

Catalog Description:

Development of basic skills of snowboarding, selection and use of equipment, terminology, and safety rules. Extra fee required for off-site snowboarding.

Credit Hour(s):

1

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Adhere to snowboarding safety rules and regulations and slope etiquette standards.

Objective(s):

1. Demonstrate an awareness of, and show consistent use of, the safety rules and regulations pertaining to snowboarding (i.e. always be under control).
2. Demonstrate consistent use of appropriate slope etiquette (i.e. Downhill skier/boarder always has the right of way and when crossing hills be aware of uphill traffic).

Course Outcome(s):

Utilize basic snowboarding skills, including but not limited to, turning and stopping, to successfully navigate down intermediate level slopes.

Objective(s):

1. Determine left or right foot forward.
2. Move board with one free foot.
3. Know difference between heel and toe side.
4. Go up lift.
5. Change directions.
6. Stop at selected location.

Course Outcome(s):

Select appropriate snowboarding equipment to ensure a safe, comfortable day on the slopes.

Objective(s):

1. Fit own boots.
 2. Determine appropriate snowboard.
 3. Select proper clothing.
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Methods of Evaluation:

- a. Skill test on snowboarding techniques
- b. Proper equipment selection and use
- c. Participation
- d. Written Evaluation

Course Content Outline:

- a. Clothing
 - i. Waterproof vs. water resistant jackets and snowpants
 - ii. Snowboarding gloves
 - iii. Dressing in layers
 - iv. Judging the weather/temperature when selecting the day's clothing
 - v. Spare items (i.e. hand/foot warmers, chap stick, kleenex)
 - vi. Hat and insulated socks
 - vii. Gator/scarf (face protection)
- b. Equipment
 - i. Snowboards
 - ii. Boots and bindings
 - iii. Goggles
 - iv. Helmet
- c. Safety considerations
 - i. Yield to an uphill skier/snowboarder when crossing a slope
 - ii. No horseplay on the lifts
 - iii. Using a helmet
 - iv. Limit spraying snow on others
 - v. Using safety strap on snowboard
 - vi. Downhill skier/boarder has the right of way
- d. Basic snowboarding skills
 - i. Foot placement and angle on board
 - ii. Turning
 - iii. Stopping
 - iv. Getting on/off lift
 - v. Maintaining balance utilizing heel and/or toe
 - vi. Getting up from a fall
- e. Knowledge of snowboarding facilities and their amenities
 - i. Brandywine/Boston Mills
 - ii. Peek-n-Peak
 - iii. Snowboard terrain park
 - iv. Rental and repair area
 - v. Lift passes (daily and seasonal)
 - vi. Green, blue, black and double black diamond
- f. Right foot (goofy) or left foot forward
 - i. Dominant side should be rear foot
 - ii. Push test
- g. Appreciation and knowledge of snowboarding
 - i. History
 - ii. Style of board

Resources Other

1. Snowboarding - Facts, History & Types. abc-of-snowboarding.com/snowboarding/ January 31st, 2022

2. Beginner's Guide to Snowboarding - PSIA-AASI. thesnowpros.org/take-a-lesson/beginners-guide-to-snowboarding/ July 1, 2022
3. Snowboard Tips for Advanced Riders - PSIA-AASI. thesnowpros.org/take-a-lesson/snowboard-tips-for-advanced-riders/ July 1, 2022

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