

# PE-1220: SKIING

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## Cuyahoga Community College

**Viewing: PE-1220 : Skiing**

**Board of Trustees:**

January 2021

**Academic Term:**

Fall 2021

**Subject Code**

PE - Physical Education

**Course Number:**

1220

**Title:**

Skiing

**Catalog Description:**

Development of basic skiing techniques and safety practices and appreciation of skiing as lifetime activity. Extra fee required for off-site skiing.

**Credit Hour(s):**

1

**Lecture Hour(s):**

0

**Lab Hour(s):**

2

**Other Hour(s):**

0

## Requisites

**Prerequisite and Corequisite**

None.

## Outcomes

**Course Outcome(s):**

Adhere to skiing 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 skiing (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).

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**Course Outcome(s):**

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

**Objective(s):**

1. Demonstrate the ability to move forward, change direction and stop in a controlled manner on skis.
  2. Demonstrate the ability to safely fall down and stand up by oneself after falling.
  3. Perform side steps to traverse uphill with skis.
  4. Demonstrate the ability to safely get on and off a ski lift.
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**Course Outcome(s):**

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

**Objective(s):**

1. Determine the proper clothing and equipment needed for a safe and enjoyable day of skiing.
2. Demonstrate the ability to properly put on and use equipment.

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**Methods of Evaluation:**

1. Skill test on skiing techniques
2. Proper equipment selection and use
3. Attendance and participation
4. Written evaluation

**Course Content Outline:**

1. Clothing
  - a. Proper Outerwear
    - i. Goggles
    - ii. Hat
    - iii. Gloves
    - iv. Coat and Pants
    - v. Face Mask/Gators
  - b. Proper Underwear
    - i. Socks
    - ii. Shirt (short/long sleeve)/Sweatshirt/Turtle Neck
    - iii. Shorts/Long underwear/running tights
2. Equipment
  - a. Skis
  - b. Poles
  - c. Boots
3. Safety Considerations
  - a. Basic skiing skills to stay under control
    - i. Snowplow
    - ii. Turning
    - iii. Traversing
    - iv. Stopping
  - b. Skiing right of way
4. Knowledge of skiing facilities in the area
  - a. Boston Mills
  - b. Brandywine
  - c. Alpine Valley
5. Equipment
6. Safety considerations
7. Basic skiing skills
8. Knowledge of skiing facilities in the area
9. Snowplow
10. Turning
11. Traversing
12. Stopping
13. Sense and safety
14. Appreciation and knowledge of skiing

**Resources**

Tucker, Alexa. "Learn How to Ski: 8 Great Ski spots for Beginners to Start" *SELF*. Feb 16, 2019. [www.self.com/story/great-places-to-learn-how-to-ski-beginners](http://www.self.com/story/great-places-to-learn-how-to-ski-beginners)

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Ciannah, Gin. "Skiing essentials for beginners: ski pants, goggles, helmets..." *Business Insider*. Oct 9, 2019. [www.businessinsider.com/skiing-packing-list-for-beginners](http://www.businessinsider.com/skiing-packing-list-for-beginners)

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Collicut, Ross. "Skiing vs Snowboarding: A Brief Breakdown for Beginners" *The Manual*. Dec 5, 2018. [www.themanual.com/outdoor/skiing-vs-snowboarding-for-beginners](http://www.themanual.com/outdoor/skiing-vs-snowboarding-for-beginners)

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Switchback Travel Staff. "Best Skis for beginners " *Switchback Travel*. [www.switchbacktravel.com/best-skis-beginners](http://www.switchbacktravel.com/best-skis-beginners), Sept 12, 2019.

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Walker, Mike. "How to Ski basic skills for beginners" *Snow Magazine*. Dec 1, 2014. <https://www.snowmagazine.com/features/1230-skills/how-to-ski-basic-skills-for-beginners>

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