

# Bemidji State University

## PHED 1554: Skills for Life: Cross Country Skiing

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An activity course that introduces the basic skills of cross country skiing including downhill turns and stopping. The student may choose to learn either skate skiing skills or the traditional skills of diagonal stride skiing. Some trail skiing will be included. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 08/22/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Advanced skiing techniques: stem turns, snow plow or skid stop, and hill climbing
2. Basic skiing techniques: diagonal stride, double pole, kick double pole, V-1, V-2 skate, marathon skate, and downhill tuck
3. Equipment: skis, boots, poles, and clothing
4. Ski techniques: classical and skate
5. Skiing conditions and safety

### D. LEARNING OUTCOMES (General)

1. demonstrate the knowledge of appropriate kick & glide ski waxes for fresh and old snow conditions, including klisters for wet and icy conditions
2. develop skills that help lead to behaviors that foster wellness.
3. demonstrate the ability to analyze cross country ski skills and offer suggestions to improve skills as a beginner.
4. analyze their personal physical activity behaviors and compare them to a national standard.
5. examine the importance of, i.e. how they value regular physical activity in their lifestyle.
6. demonstrate appropriate use & correct execution for commonly used cross country ski techniques.
7. demonstrate the ability to express in writing a comparison of their current level of physical activity with the recommendations of national health standards.
8. demonstrate the knowledge of appropriate clothing & equipment for cross country skiing

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted