

# Bemidji State University

## PHED 1530: Snowboarding

### 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 snowboarding, including toe turns, heel turns, carving, skating, stopping, and various forms of "riding." Includes an overview of snowboard equipment and how to select appropriate equipment. Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 09/01/2008 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Appropriate clothing for weather and ski conditions
2. Basic Skills: toe turns, heel turns, carving, skating, and stopping.
3. Basic equipment
4. Ski Patrol safety

### D. LEARNING OUTCOMES (General)

1. learn the rules and safety precautions while on the hill.
2. develop or improve skills that include the proper way to put on equipment, three ways to stop, balance, toe edge, heel edge, riding up tow rope, riding up chairlift.
3. analyze their own current physical activity behavior, and compare it to the National Physical Activity Guidelines.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted