

Minnesota State University Moorhead

PE 110: Skiing

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for the beginning downhill skier. Students receive instruction in the terminology, equipment, etiquette, safety and basic skills of downhill skiing.

B. COURSE EFFECTIVE DATES: 06/25/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Terminology.
2. Safety.
3. Equipment.
4. Skills.

D. LEARNING OUTCOMES (General)

1. Learn Terminology for downhill skiing.
2. Discuss appropriate equipment and safety.
3. Learn basic techniques and skills for downhill 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