

# 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