

# Bemidji State University

## PHED 1540: Skills for Life: Curling

### 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 skills of curling, including techniques of throwing rocks and sweeping as well as strategies, rules, and scoring. (May not be offered every year) Liberal Education Goal Area 11.

**B. COURSE EFFECTIVE DATES:** 03/05/2001 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic rules
2. History of curling
3. Scoring strategies
4. Techniques and tactics for throwing and sweeping

### D. LEARNING OUTCOMES (General)

1. develop their capacities to analyze and deliver stones for tactics and scoring.
2. develop their curling skills so that they can actively engage in social/team physical activity.
3. demonstrate their appreciation for the motor and analytical skills required to be successful in curling.
4. demonstrate their ability to speak to classmates about the sport of curling.
5. demonstrate knowledge of curling terms, scoring, rules, and etiquette.
6. learn how to be a knowledgeable curling spectator.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted