

Lassen Community College Course Outline

PEAC-155 Alpine Skiing

0.0 units

I. Catalog Description

The techniques of alpine skiing, including downhill. Both individual and group instruction will be directed toward the individual's ability to alpine ski competently and safely. Since skills/proficiencies are enhanced by supervised repetition and practice, this course may be repeated. This course has been approved for Open Entry, Open Exit.

Up To 50 Hours Lab
Scheduled:

II. Coding Information

Repeatability: Repeatable
Grading Option: Pass/No Pass
Credit Type: Non-Credit - Not Degree Applicable
TOP Code: 0835.10

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Select and care for alpine skiing equipment.
2. Safely alpine ski at a beginning level.
3. Display knowledge of proper techniques/turns

B. Course Objectives

Upon successful completion of this course, the student will be able to:

1. Select ski equipment and clothing appropriate to alpine skiing.
2. Perform general conditioning techniques at a beginning level.
3. Understand proper nutrition to maximize performance
4. Demonstrate proper technique for safely getting on, riding and getting off ski lift.
5. Explain safety standards.
6. Select proper ski wax for alpine skiing.
7. Demonstrate turning and stopping using the wedge turn.

IV. Course Content

1. Selection of alpine ski equipment.
2. Ascend lift properly: load, ride, unload.
3. General conditioning for strengthend endurance.
4. Alpine skiing etiquette
 - a. Yield to downhill skier/person.
 - b. Stop/stand on side of trail or run.

- c. Lift lines
- d. Clearing unloading area
- 5. Beginning alpine skiing techniques
 - a. Wedge, straight running and turning
 - b. Climbing: Sidestep and herringbone

V. Assignments

A. Appropriate Readings

N/A

B. Writing Assignments

N/A

C. Expected Outside Assignments

N/A

D. Specific Assignments that Demonstrate Critical Thinking

The student will analyze and apply processes for selection and maintenance of ski equipment. The student will demonstrate the appropriate selection and application of wax. The student will analyze conditions and demonstrate ability to apply appropriate skiing techniques.

VI. Methods of Evaluation

Example #1: To demonstrate knowledge of the alpine ski equipment selection, the instructor will monitor students' equipment selection daily and provide appropriate feedback when necessary. Competency is demonstrated through each student's ability to properly select alpine ski equipment on a consistent basis.

Example #2: To demonstrate performance of beginning alpine skiing techniques, instructor will observe/evaluate each student's ability & progress in drills and repetition. Student competency will be demonstrated through the ability to correctly perform each technique at a beginning level.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery Online Delivery

A. To explain Alpine skiing theories and techniques, the instructor will provide lecture and demonstration. Students will discuss the concepts and apply them to their performance whenever possible.

B. For individual exercises, the instructor will demonstrate the proper technique and then provide accompanying supervision and feedback as students gain mastery of the skill. Students will be shown how to monitor

and evaluate their own physical condition and will learn the appropriate use and performance of each individual skiing technique.

VIII. Representative Texts and Supplies

None

IX. Discipline/s Assignment

X. Coaching, Physical Education, Health and Safety: Non Credit

X. Course Status

Current Status: New

Original Approval Date: 11/29/2022

Board Approval Date: 12/13/2022

Revised By: Colby Chavez

Curriculum/Academic Standards Committee Revision Date: