

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 148 – SNOWBOARDING (1 CR.)

Course Description

Teaches the basic skills of snowboarding, selection and use of equipment, terminology, and safety rules.
Laboratory 2 hours per week.

General Course Purpose

The purpose of this course is to teach basic skills and experience snowboarding.

Course Prerequisites/Corequisites

None

Course Objectives

Upon completing the course, the student will be able to:

Here you explain what students should be able to do in terms of knowledge and skills; use verbs that are appropriate for the course level (NOT “understand” and “appreciate” for 200-level courses). Be more specific than “demonstrate.” Verbs like identify, describe, analyze, draw, sculpt, reassemble that tell us what you really expect successful students to be able to do.

- a) perform fundamental skills of snowboarding
- b) understand the terminology and gain knowledge pertaining to snowboarding and equipment
- c) develop a high level of fitness through snowboarding

Major Topics to be Included

- a) Conditioning exercises
- b) Terminology
- c) Safety rules
- d) Skills, turning, stopping, getting up, getting on and off ski lift
- e) Proper equipment and clothing
- f) Maintenance and care of equipment
- g) Field trips