

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 181 – SKIING I (1 CR.)

Course Description

Teaches basic skills of downhill skiing; selection and use of equipment; terminology and safety rules. Includes field experience. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This health-related physical activity course develops cardiorespiratory endurance, muscle strength, and muscle endurance. It also develops skill-related physical activity including agility, balance, coordination, reaction time, and speed through participation in an individual sport.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running and using the arms and hands. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

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

- a) Perform fundamental skills of downhill skiing
- b) Explain skiing terminology
- c) Correctly and safely use skiing equipment

Major Topics to be Included

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