

**Department of Physical Education, Sport and Human Performance
Basic Instruction Program
Winthrop University**

Course Title: PHED 204 – Snow Skiing

Section: 001

Credit Hours: 1

Semester: Spring 2010

Time: Jan. 3-6, 2010, S-W

Location: Boone, NC

Instructor: Geoff Morrow

Dates: 1/3-6/2010 S-W

Office: West 216Q

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Office Hours: By appointment

Catalog Description:

General Education Goal: To examine values, attitudes, beliefs, and habits which define the nature and quality of life.

Course Goal: To pursue basic principles of wellness through lifetime activity.

Learning Outcomes:

The student will:

1. Identify and execute the basic skills involved in snow skiing.
2. Demonstrate proper use of ski equipment.
3. Demonstrate proper dress for skiing.
4. Demonstrate safety and courtesy of skiing.
5. Perform pressure control and edging movements.
6. Perform sidestepping and traversing proficiency.

Teaching Methods: This class involves both lecture and participation.

Attendance Policy: Participation in the pre-established skiing trip and completion of the designated instructional training is mandatory for successful completion of this course. A grade of an S or U will be recorded.

Evaluation of Objectives: There will be three areas you will be evaluated on in this class. The following weightings will be used to determine your final grade.

Skiing Skills Test	20 points
Written Examination	20 points
<u>Attendance & Participation</u>	<u>60 points</u>
Total	100 points

Grading:

A grade of an S or U will be recorded for this course.

Exam Policy: The written examination will be given following the instructional training.

Tentative Course Schedule:

January 3-6, 2010

Last day to withdraw from a spring semester course is March 10, 2010. (Automatic N grade is issued). Students may not withdraw from a course after this date without documented extenuating circumstances.

Students with Disabilities

Winthrop University is committed to providing educational opportunities for all students. The Office of Services for Students with Disabilities acts as a liaison between students with disabilities and the Winthrop community to ensure access to our programs and services. If you have questions about classroom accommodations, campus accessibility, or available services, please contact Gena Smith, Coordinator, Services for Students with Disabilities, at 323-3290.

Student Code of Conduct

Infractions of academic discipline are dealt with in accordance with the student Academic Conduct Policy, which is in the Student Conduct Code in the Student Handbook online (<http://www2.winthrop.edu/studentaffairs/handbook/StudentHandbook.pdf>).

Syllabus Change Policy: This syllabus reflects expectations for the course; however, the instructor may find it necessary to make changes in the syllabus after the course begins. In such cases, students will be notified accordingly.

Student's Responsibility: The student will be on time and properly dressed to be active in rock climbing. **ALL CELL PHONES OFF DURING CLASS AND CLIMBING SESSIONS!** Students who are caught using cell phones during class for non-emergency reasons will receive a one point deduction from their final grade for each offense.

Performance Assessments

Skiing/Snowboard Skills Test: To be conducted at French Swiss Ski College (Banner Elk, NC)

Final Exam: A final exam for the course will be conducted at Winthrop University following the start of the spring semester. To receive an “S” for the course, students must participate in the trip, successfully complete their designated skills test, and score no less than a C- on the final exam. A failure to meet any/all of these criteria will result in the student’s receipt of a “U” for the course.