

COLORADO STATE UNIVERSITY - PUEBLO  
Department of Exercise Science, Health Promotion, and Recreation  
Colorado State University Pueblo  
EXHP 115L Skiing  
Spring 2008

Instructor: Dr. Christine Rochester

**Office: PE 250** Office Hours: Mon 8:30-10 AM, Tuesday 12-2 PM, Wed 10-11 AM and Thursday 10-11AM or 1:30-2:30 PM and by appointment- Please call or email if you are coming by at a certain time. Phone: 549-2660

Credit Hours: 1 e-mail: [christine.rochester@colostate-pueblo.edu](mailto:christine.rochester@colostate-pueblo.edu)

Class meeting time: Tuesday Room: T 234

**I. Course Catalog Description:**

Fundamentals of alpine and Nordic skiing will be examined in this course. Equipment, clothing, trip planning, cross-country, telemark and alpine skiing will be reviewed as the student attends trips that range from backcountry to downhill ski resorts.

**II. Learning Objectives and Outcomes:**

1. To improve the student's skill level through individual/group instruction and practice.
2. To demonstrate safe and considerate skiing/snowboarding.
3. To read and abide by the Skiers Responsibility Code.
4. To learn the importance of conditioning prior to any sport for the prevention of injury.

**III. Required Reading Materials:**

No book is required! Students will select from a variety of assignments and may choose to read several articles on conditioning for the snow season etc...

**IV. Course Requirements**

**A. Differentiated and Personalized Curriculum 35% of final grade -**

A student chooses two or more of the following challenges:

1. Self created art or music work that involves snow sports  
This can be anything that takes time and effort to create.
2. Additional ski/snowboard lessons  
You chose the resort and level and cover all costs.
3. Leadership activity- organizing trip for snow sporting

Plan and design a resort or backcountry trip - you can't actually do the trip as part of the class. But you can do it on your own with your friends or future students.

4. Interview instructor or other ski industry employee- Who would you want to interview? Make up your questions, tape record your interview and write up a summary of the best stuff you learned.

6. Paper on history of snow sport or other topic of interest-minimum 2 pages-APA format

7. Personal Journals

Personal journals will be a collection of your reflective thoughts. Not a log of what happened.

a. Your journals should answer the following questions.

1) Describe in detail a significant situation you were in or are in presently (or an event that occurred).

2) Describe your reaction and the reaction of others to the situation.

3) Analyze your reaction to the situation.

4) What can you learn from your analysis (implications)?

8. Personal snow sport skill development assessment rubric- List skill required and how you will assess them. Come up with a score.

### **B. Self Evaluation and Goals Setting- 10% of final grade**

a. The student will state a minimum of 5 learning goals and performance objectives for the course.

b. The student will explain how he or she will evaluate his or her performance in reaching the five goals and objectives.

Both a & b are to be typed and one copy will be submitted to the instructor via blackboard by the end of the **second week of class**, ( by Friday January 25<sup>th</sup>). Save a copy for yourself.

c. Your final typed self-evaluation of your accomplishments to meet your set forth goals and objectives that will be submitted to the instructor during the final class meeting, a second copy will be placed in your portfolio. **Final meeting time will be the first Tuesday in April from 3-4 PM. This happens to be April Fool's Day!** If you are unable to come to the final meeting notify instructor before then to discuss your grade. Bring all of your work to share with the class!

### **C. Individual Fitness Plan to improve skiing/snowboarding ability- 20% of your grade**

1. You decide what your physical conditioning needs are and write up your own plan. This may take a little research. Meet in the classroom with your plan- Week 2

#### **D. Lesson and Action 35% of your grade**

Students enrolled in the course must pay for one ski/snow board lesson by a professional instructor at a resort. **We will be taking a class trip Monarch on Feb 9<sup>th</sup>.** The cost is \$30 for lift ticket, transportation and you will also get a \$5 or \$10 lunch voucher. You must participate in a snow sport for 2 full days or four half days. This is the absolute minimum. If you can not spend two days on the slopes or snowshoeing you can not take the course.

ELC Trips for 2008-

Jan 26<sup>th</sup> to Monarch

February 9<sup>th</sup> to Monarch

February 23-24<sup>th</sup> to Wolf Creek

March 8 to Monarch

No alcoholic beverages or illegal drugs are permitted on the trips; this includes the bus and the ski area. If you bring food/drinks on the bus, you must dispose of all trash properly.

- CSUP's policies and recommendations for student rights and responsibilities will be followed.
- Students are expected to utilize blackboard for this course.
- Safety

Dress appropriately for cold weather (even if it feels warm in Pueblo) gloves, ski hat, socks, and long underwear are recommended. If you are a beginner, wear pants that do not absorb water easily.

**PLEASE DO NOT SKI or BOARD WHEN YOU HAVE BECOME FATIGUED!!**

That "one last run" could be dangerous.

While skiing and snowboarding are exhilarating activities, they are also dangerous. Anyone, even seasoned veterans, can get seriously injured or killed while skiing (i.e. Swartzenegger, Kennedy & Bono).

All students should be familiar with the SKIER'S RESPONSIBILITY CODE and ski/snowboard accordingly. Always ski/snowboard under control!!!! Always wear a helmet!!!

In the event you are injured on a CSU-Pueblo trip and taken to the Ski Patrol, please identify yourself as a CSU-Pueblo student. A general announcement will be made for the CSU-Pueblo on-site supervisor to report to the First Aid station. You will meet the supervisor at the First Aid station and further arrangements will be made.

#### **ADA -Statement:**

This University abides by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education "solely by reason of a handicap." If you have a documented disability that may impact your performance in this class and for which you may require accommodations, please see the instructor as soon as possible, within the first two weeks of class, to arrange accommodations. In order to receive accommodations, you must be registered with and provide documentation of your disability to, the Disability Services Office, which is located in the Psychology Building, Room 232.