

**PALOMAR COLLEGE**  
**COURSE OUTLINE OF RECORD FOR**  
**DEGREE CREDIT COURSE**

X  Transfer Course  X  A.A. Degree applicable course  
(check all that apply)

**COURSE NUMBER AND TITLE:** PE 131 Beginning Skiing

**UNIT VALUE:** 1, 1.5

**MINIMUM NUMBER OF SEMESTER HOURS:** 32, 48

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS:** None

**PREREQUISITE:** None

**COREQUISITE:** None

**RECOMMENDED PREPARATION:** None

**SCOPE OF COURSE:**

Introduction to snow skiing. Emphasis on physical conditioning, and principles and fundamentals of skiing. Basic techniques on dry land.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1. apply principles of physics to analyze and perform basic skiing skills.
2. explain and practice safety and etiquette concepts on the ski slope.
3. evaluate driving in winter conditions.
4. identify the function and care of skiing equipment.
5. evaluate proper attire for various weather conditions while skiing.
6. apply principles of learned skills and techniques.

**CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:**

- I. Orientation
- II. Equipment
  - A. Boots
    1. Fitting
    2. Purchasing
    3. Function

- 4. Maintenance
- B. Bindings
  - 1. Function
  - 2. Types
  - 3. Maintenance
- C. Skies
  - 1. Function
  - 2. Types
  - 3. Maintenance
- D. Ski clothing
  - 1. How to dress for warm weather
  - 2. How to dress for cold weather
- E. Ski lifts
  - 1. Types
  - 2. Advantages
  - 3. Disadvantages
  - 4. Caution
- F. Etiquette
- G. Safety
- H. Transportation
  - 1. Preparing the vehicle for winter driving
  - 2. Driving in snow
  - 3. Preparing for the airline flight
- I. Medical needs
  - 1. Prescription medicine
  - 2. Altitude sickness
  - 3. Weather and its exposure effects

### III. Pre-Season conditioning

- A. Warm-up activities
- B. Procedures for muscle strengthening
- C. Flexibility exercises
- D. Morning warm-up before skiing

### IV. Dry land slope instruction

- A. Warm-up
- B. Side stepping
- C. Side slipping
- D. Stationary turns
- E. Wedge stops
- F. Wedge turns
- G. Stem christy turns

### **REQUIRED READING:**

Instructor-generated handouts.

### **SUGGESTED READING:**

Skiing Magazine.

**REQUIRED WRITING:** Skills demonstration is more appropriate.

**OUTSIDE ASSIGNMENTS:**

**Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.**

Read and study handouts and lecture notes. Practice skills, and study for exam.

**INSTRUCTIONAL METHODOLOGY:**

**Check all that apply:**

- lecture
- laboratory
- lecture-laboratory combination
- directed study

**DISTANCE LEARNING:**

**This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.**

Yes  No

**If yes, check all that apply:**

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)
- One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

**GRADING POLICY AND STANDARDS** (include methods of determining whether the stated objectives have been met by students):

Participation	70%
Skills demonstration	20%
Test	10%

**IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?**

Yes  No  Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s), 55761-55763 and 58161 which qualifies course as repeatable: 58161 (c) (2) (A) and (B)

**CONTACT PERSON:** Kathy Pine, Extension 2466

**SIGNATURES ON FILE**