

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 132 Intermediate 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:

Intermediate snow skiing. Emphasis on performance, techniques and conditioning. Intermediate techniques on dry land.

SPECIFIC COURSE OBJECTIVES:

Successful students will:

1. apply principles of physics to analyze, learn, and demonstrate the proper technique for skiing parallel.
2. evaluate skill demands for skiing various terrain and snow conditions
3. identify and explain safety procedures and etiquette used while skiing.
4. identify a variety of ski equipment, its use and care.
5. compare and contrast skills and techniques.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Orientation
- II. Lectures
 - A. Safety
 - B. Skiing etiquette
 - A. Preseason conditioning for advanced skiing
 - B. Sport-vs.-racing equipment
 - C. Transportation safety
 - 1. Prepare the vehicle for winter driving
 - 2. Prepare for the airline flight
 - D. How to plan a ski trip
 - E. How to tune-up your ski equipment
 - F. Cross country ski touring
- III. Dry land ski slope instruction
 - A. Stem christy
 - B. Weighing-unweighting
 - C. Parallel ski techniques
 - D. Slalom ski techniques
 - E. Parallel skiing
 - F. Pole plants

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. Participate in a field trip to a ski resort.

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 X

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%
Exam	10%

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

Yes X 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
