

**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 183      Adaptive Skiing

**UNIT VALUE:** 1, 1.5

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

**BASIC SKILLS REQUIREMENTS:** Appropriate language skills

**ENTRANCE REQUIREMENTS:**

**PREREQUISITE:**                      None

**COREQUISITE:**                      None

**RECOMMENDED PREPARATION:**      None

**SCOPE OF COURSE:**

Snow skiing using adapted equipment where appropriate. Field trip to ski area required. Expenses, except for transportation, to be borne by student.

**SPECIFIC COURSE OBJECTIVES:**

Successful students will:

1.      apply principles of proper body mechanics to snow skiing.
2.      identify snow skiing skills.
3.      evaluate skill demands for skiing various terrain and snow conditions.
4.      identify and explain snow skiing etiquette.
5.      identify and explain safety procedures.
6.      explain the ability to organize and participate in activity responsibilities.
7.      analyze the skills needed by able bodied skiers as apposed to adapted skiers.

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

- I. Orientation
- II. Forms and obligations
  - A. Completion of all forms and waivers
  - B. Outline and goals for activity
  - C. Trip itinerary
  - D. Student and parent/guardian responsibilities
  - E. Physician's release
- III. Trip organization
  - A. proper clothing
  - B. Equipment
  - C. Meal preparation
- IV. Skills
  - A. Ski lift
  - B. Stopping
  - C. Turning
  - D. Falling
  - E. Drills
- V. Participation
  - A. Arrival at site
  - B. Loading equipment
  - C. Transportation
  - D. Unloading
  - E. Setting up
  - F. Food preparation
  - G. Personal hygiene
  - H. Daily activities can include
    - 1. Skiing
    - 2. Hiking
    - 3. Singing/story telling
  - I. Interpersonal relations
  - J. Breakdown
  - K. Departure group discussion to evaluate:
- VI. Evaluation
  - A. Class goals
  - B. New classes for successful living
  - C. Achievement/teamwork
  - D. Activity

## **REQUIRED READING:**

Instructor-generated handouts.

## **SUGGESTED READING:**

None.

**REQUIRED WRITING:**

Two-page written diary or an audio or video tape 15 minutes in length of activity experiences. Skills demonstration is also 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. Prepare written assignment, and practice skills.

**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%
Written assignment	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)

**CONTACT PERSON:** Jem McAdams Extension 2136

**SIGNATURES ON FILE**