

KIN A142: SNOWBOARDING LEVEL 1

Item	Value
Curriculum Committee Approval Date	09/07/2022
Top Code	083500 - Physical Education
Units	1-2 Total Units
Hours	45-99 Total Hours (Lecture Hours 4.5-9; Lab Hours 40.5-90)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

Course Description

This course covers the basic skills necessary for safe and fun snowboarding on the appropriate terrain for a beginning-level snowboarding student. Students will also learn heel and toe side edge control turns for control on beginning and beginning/intermediate terrain. The variables of terrain, weather, and snow conditions will also be addressed. This class will take place over 4 different days. Students will be responsible for their own travel to/from local resort, their own equipment as well as full-day lift tickets. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Execute proper training techniques needed for building beginner-level snowboarding skills.
2. Self-analyze errors in stopping with both edges and turning on both edges.

Course Objectives

- 1. Improve physical conditioning and develop a skill for lifelong health and wellness.
- 2. Demonstrate appropriate balance, heel side and toe side edge control, and control movements to allow students to snowboard on beginning/intermediate terrain.
- 3. The student will be able to demonstrate walking, climbing, gliding, stopping on both edges, heel side slipping, toe side slipping, skidding and turning maneuvers.
- 4. Demonstrate skidded turn without connecting to the opposite side edge.

Lecture Content

Benefits of physically active lifestyle Proper injury prevention for beginner level snowboarding Proper hydration and nutrition for beginner level snowboarding Safe use of equipment, proper operation of the binding system, and safe use of chair lifts General practices of safety and social etiquette involved in snowboarding. Preparation and awareness of varying weather conditions Evaluating terrain for beginner-level use Skills of beginner-level snowboarding Proper edge control for beginner-level

trail traversing Starting on a heel-side edge Starting on a toe-side edge
Stopping on a heel-side edge Stopping on a toe-side edge

Lab Content

Drills as they relate to beginner-level snowboarding Practice proper stopping techniques on heel side edge. Practice proper stopping techniques on toe side edge. Practice proper turning techniques on heel side edge. Practice proper turning techniques on toe side edge. Practice basic balance techniques. Practice speed control strategies Practice getting on and off chairlifts. Practice getting up from a seated heel side position.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Lecture and/or discussion Laboratory activity Skill demonstration

Reading Assignments

Students will spend approximately 3 hour a week reading from instructor handouts or self directed readings related to the topic.

Writing Assignments

A. Journal.B. Goal cards.

Out-of-class Assignments

Students will spend approximately 3 hours a week completing conditioning programs outside of class meetings.

Demonstration of Critical Thinking

A. Demonstrations of acquired skills.B. Demonstration of proper terrain selection based upon skill level

Required Writing, Problem Solving, Skills Demonstration

A. Compare and contrast various terrain options.B. Identify strengths and weaknesses of skills. Develop an individual improvement program to strengthen skills.

Eligible Disciplines

Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.