KIN A143: SNOWBOARDING LEVEL 2

Item	Value
Curriculum Committee Approval Date	09/21/2022
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 will refine some of the basic snowboarding skills learned in the Snowboarding Level 1 course. Students will be taught how to link beginning turns with rhythm and control on intermediate and beginning advanced terrain. This course stresses safe boarding with improvement in skill applications. The variables of 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. ADVISORY: KIN A142. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Execute proper transitioning from heel to toe during downhill turns.
2. Demonstrate the ability to self-analyze errors while linking turns.

Course Objectives

- 1. Improve physical conditioning and develop a skill for lifelong health and wellness
- 2. Demonstrate linked turns without a traverse
- 3. Demonstrate flexion/extension movements in the ankles, knees, and hips
- 4. Demonstrate pressure distribution through leg and foot actions
- 5. Demonstrate crossover of center of mass in a turn

Lecture Content

Benefits of physically active lifestyle; Proper injury prevention for intermediate snowboarding Snowboarding Responsibility and code of ethics; Safe use of equipment, all lifts, and proper operation of the binding system; Preparation and awareness of varying weather conditions; Evaluating terrain and navigating the mountain terrain map; Snowboarding at proper skill level and terrain; Attempt a variety of terrain as student skills allow; Speed control using turn shape as a controlling variable

Lab Content

Demonstrate balance, edging and pressure control movements Demonstrate turning on level terrain Demonstrate walking/climbing/hiking with snowboard gear (safety) Demonstrate straight sliding/gliding Demonstrate sideslipping/skidding, on both toe and heel side Demonstrate skidded traverse, on both toe and heel side Demonstrate standing skidded stops, on both toe and heel side Demonstrate linked turns across the mid-line, connected by a skidded traverse Demonstrate linked turns with no connecting traverse.

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

1. Lecture and/or discussion 2. Laboratory activity 3. Skill demonstration

Reading Assignments

Students will spend approximately 3 hours/week reading from instructor handouts and/or self-directed readings related to learning objectives.

Writing Assignments

Students will spend approximately 3 hours/week completing their learning journal entries and short/long-term goal cards.

Out-of-class Assignments

Students will spend approximately 3 hours/week completing conditioning programs outside of class meetings designed to help prevent injuries, develop muscular endurance and strength needed for intermediate-level snowboarding.

Demonstration of Critical Thinking

Satisfactory demonstration of speed control through heel to toe turning on intermediate level terrain. Demonstration of proper terrain selection based upon skill level. Satisfactory demonstration of a variety of turns sizes on intermediate level terrain.

Required Writing, Problem Solving, Skills Demonstration

Ability to compare and contrast various terrain options based upon skill aquisition level. Self identify strengths and weaknesses of ability to turn from heel to toe and toe to heel on intermediate level terrain. Develop a short term goal for improving heel or toe side stopping while standing.

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.

Other Resources

1. Handouts will be provided by the instructor.