



## PE 1625

**Division:** Social and Behavioral Science

**Department:** Physical Education

**Course:** PE 1625

**Title:** Cross Country Skiing

**Catalog Description:**

This course teaches cross country skiing technique fundamentals, clothing systems for winter activities, proper equipment selection and utilization, travel and route finding skills, and basic avalanche evaluation. This course may be repeated for credit.

**General Education Requirements:** N/A

**Semesters Offered:** Spring 1

**Credit/Time Requirement:** Credit: 1; Lecture: 0; Lab: 2

**Clock/Hour Requirements:** 0

**Offered for Non-Credit:** No

**Justification:**

This course fulfills elective credit at Utah State University (PE 1020) and Weber State University (PE 1340E). Lifetime recreational activities such as cross country skiing develop physical skills that form the basis of a healthy lifestyle. This is important in a society with so many health dangers associated with sedentary lifestyles.

**Student Learning Outcomes:**

Students will learn cross country skiing techniques such as:

- Diagonal glide
- Skating
- Poling
- Herringbone
- Side step
- How to dress for winter back country conditions
- Techniques for skiing downhill

**Content:**

This course is designed to to teach students:

- Proper clothing systems for winter activities
- Equipment selection and utilization
- Skiing techniques on various types of terrain

- Safety in the mountains such as route selection and avalanche avoidance
- Group dynamics

**General Education Outcomes:**

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Cross country skiing is rated as one of the very top aerobic sports. It involves the majority of the major muscle groups in the body. This translates into increased fitness levels for the students. Cross country skiing is a sport that can provide fitness benefits for a lifetime.

**Key Performance Indicators:**

Attendance and participation are a vital component to learning the skills of skiing. The instructor observes, evaluates and corrects techniques. There will be a written assessment of avalanche awareness.

Grading: Attendance: 100 points, Avalanche training: 25 points, Skills Test: 25 points, Final Test: 50 points, Total: 200 points. Points awarded are approximate.

**Representative Text and/or Supplies:**

Instructor handouts

**Optimum Class Size:** 15

**Maximum Class Size:** 15

**Signatures:**

I hereby submit this course syllabus:

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Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

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Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

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Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

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Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

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Michelle Olsen, MLS, Campus Librarian (Richfield Campus)