

# Lassen Community College Course Outline

## PEAC 156 Snowshoeing

0.0 units

### I. Catalog Description

The techniques of Snowshoeing. Both individual and group instruction will be directed toward the individual's ability to use Snowshoe techniques and shoe competently and safely. Since skills and proficiencies are enhanced by supervised repetition and practice, this course may be repeated. This course has been approved for Open Entry, Open Exit.

Up To 50 Hours Lab

Scheduled:

### II. Coding Information

Repeatability: Repeatable

Grading Option: Pass/No Pass

Credit Type: Non-Credit - Not Degree Applicable

TOP Code: 0835.10

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Select and care for Snowshoeing equipment.
2. Safely Snowshoe a beginning-level terrain
3. Understand the different techniques of Snowshoeing to conserve energy

#### B. Course Objectives

1. Select Snowshoe equipment and clothing appropriate to Nordic skiing.
2. Perform general conditioning techniques at a beginning level.
3. Demonstrate proper technique for safely snowshoeing throughout different terrains and with different size groups.
4. Explain safety standards
5. Demonstrate properly putting on your snowshoes as well as walking up/downhill.

### IV. Course Content

1. Selection of Snowshoe equipment
2. Ascend uphill/downhill properly
3. General conditioning for strength and endurance
4. Snowshoeing etiquette
  - a. Yield to downhill skier/person.
  - b. Stop/stand on side of trail or run.
  - c. Lift lines
  - d. Clearing unloading area
5. Beginning Snowshoeing techniques
  - a. Flat Terrain walk and downhill techniques
  - b. Climbing: Kickstep and Heel lift techniques

### V. Assignments

**A. Appropriate Readings**

N/A

**B. Writing Assignments**

N/A

**C. Expected Outside Assignments**

N/A

**D. Specific Assignments that Demonstrate Critical Thinking**

Critical thinking will be demonstrated by the ability to successfully traverse the terrain.

**VI. Methods of Evaluation**

**Example #1:** To demonstrate knowledge of the Snowshoeing equipment selection, the instructor will monitor students' equipment selection daily and provide appropriate feedback when necessary. Competency is demonstrated through each student's ability to properly select Snowshoe equipment on a consistent basis.

**Example #2:** To demonstrate performance of beginning Snowshoeing techniques, instructor will observe/evaluate each student's ability & progress in drills and repetition. Student competency will be demonstrated through the ability to correctly perform each technique at a beginning level.

**VII. Methods of Delivery**

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

- Traditional Classroom Delivery       Correspondence Delivery  
 Interactive Television Delivery       Online Delivery

**VIII. Representative Texts and Supplies**

None

**IX. Discipline/s Assignment**

Coaching, Physical Education, and Health and Safety: Non-Credit

**X. Course Status**

Current Status: Active

Original Approval Date: 11/29/2022

Board Approval Date: 12/13/2022

Revised By: Colby Chavez

Curriculum/Academic Standards Committee Revision Date: