

# Lassen Community College Course Outline

## PEAC 157 Snowboarding

0.0 units

### I. Catalog Description

The basic techniques of snowboarding. Both individual and group instruction will be directed towards ability to learn snowboarding competently and safely. Participants must provide their own snowboard and appropriate clothing. Since skills/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 snowboarding equipment.
2. Safely snowboard a beginning-level slope
3. Safely and efficiently demonstrate S-turns

#### B. Course Objectives

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

1. Select appropriate snowboard equipment and clothing.
2. Perform general conditioning techniques at beginning level.
3. Demonstrate proper techniques for safely getting on, riding and getting off ski lift.
4. Explain safety standards
5. Select proper stance on snowboard
6. Descend beginning slope safely.

### IV. Course Content

1. Introduction to selection of snowboard equipment.
2. General conditioning for strength and endurance.
3. Ascend lift properly
  - a. Loading
  - b. Riding
  - c. Unloading
4. Beginning Techniques
  - a. Backside S-turns
  - b. Frontside S-turns
5. Safety: equipment, safety features and maintenance.

## 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

The student will analyze and apply processes for selection and maintenance of snowboard equipment. The student will analyze techniques and apply them by demonstrating a successful fluid turns. The student will analyze and adapt techniques learned to a variety of snow conditions (powder, hard snow, etc.). The student will analyze and apply appropriate rules of safety.

## VI. Methods of Evaluation

**Example #1:** To demonstrate knowledge of the snowboard 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 snowboard equipment on a consistent basis.

**Example #2:** To demonstrate performance of beginning techniques, the instructor will observe and evaluate each student's performance and progress in practice drills and repetition. Student competency is 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

A. To explain snowboarding theories and techniques, the instructor will provide lecture and demonstration. Students will discuss the concepts and apply them to their performance whenever possible.

B. For individual exercises, the instructor will demonstrate the proper technique and then provide accompanying supervision and feedback as students gain mastery of the skill. Students will be shown how to monitor and evaluate the performance of each individual snowboard technique.

## VIII. Representative Texts and Supplies

None

## IX. Discipline/s Assignment

X. Coaching, Physical Education, and Health and Safety: NonCredit

## 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: