

Lassen Community College Course Outline

PEAC158 Cross Country Skiing

0.0 units

I. Catalog Description

The techniques of cross country skiing. Instruction will be directed toward the individual's ability to use cross country techniques to ski both competently and safely. 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 cross-country skiing equipment.
2. Safely cross country ski at a beginning level.
3. Perform proper stretching/warmup protocols for cross-country skiing

B. Course Objectives

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

1. Select cross country ski equipment.
2. Perform general conditioning techniques at a beginning level.
3. Explain safety standards.
4. Select proper ski wax for cross country skiing.
5. Perform diagonal and skating strides at a beginning level.

IV. Course Content

1. Introduction to selection of ski equipment.
 - a. Proper Winter Attire
2. General conditioning for strength and endurance.
 - a. Stretching for pre/post activity
 - b. Nutrition
3. FIS Rules of Conduct for cross country skiers.
4. Selection of waxes for cross country skiing.
5. Beginning Techniques
 - a. Diagonal Stride
 - b. Double Poling
 - c. Changing Stride

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 ski equipment. The student will demonstrate the appropriate selection and application of wax.

VI. Methods of Evaluation

First Enrollment

Example #1: To demonstrate knowledge of the ski 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 ski 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

1. To explain FIS Code of Conduct Rules for cross country skiing, the instructor will provide lecture and demonstration. Students will discuss the concepts and apply them to their performance whenever possible.
2. For individual exercises, the instructor will demonstrate the proper techniques and then provide accompanying supervision and feedback as students gain mastery of the skill. Students will be shown how to monitor and evaluate their own physical condition and will learn the appropriate use and performance of each individual skiing technique.

VIII. Representative Texts and Supplies

None

IX. Discipline/s Assignment

Coaching, Physical Education, and Health and Safety: Noncredit

X. Course Status

Current Status: New
Original Approval Date: 11/29/2022
Board Approval Date: 12/13/2022
Revised By: Colby Chavez
Curriculum/Academic Standards Committee Revision Date: