

NEW COURSE PROPOSAL

4

Department: Health and Physical Education Department

Person to Contact for Further Information: Dr. William Blacksmith

Course Affected: HP 160 Downhill skiing

Desired effective semester for change: Fall, 1986

Approvals: Department Committee Chairperson

Department Chairperson

School Committee Chairperson

School Dean

[Signature]

James H. Mill

Granny B. Steiner

Harold E. Wingard

A. DESCRIPTION AND ACADEMIC NEED

- A1. HP 160 Downhill skiing 1 cr.
The cognitives and skills necessary for beginning downhill skiing (FEE)
- A2. See attached syllabus for HP 160
- A3. (a) Traditional physical education course offerings are limited to the physical facilities of the University. More and more contemporary course offerings are being offered off campus. This course will give students the necessary beginning skiing instruction in proper use of equipment, safety, use of lifts and progressive development of the parallel ski technique.
(b) General education course
(c) Yes--proposed for the general education--physical education requirement.
- A4. This course does not require changes in content of other existing courses. Additionally, this course will not require a change in the catalog descriptions of other courses or programs.
- A5. The whole idea of outdoor experiences is a relatively new approach to our physical education department, however, it falls squarely within the realm of our discipline and other universities have been ahead of us for some years.

- A6. No, this course has not been offered at IUP before.
- A7. No, it is not a dual level course.
- A8. Similar courses are offered at:
 - a. East Stroudsburg University
 - b. McKeesport (Penn State)
- A9. No, this course is not required or recommended by any professional society, accrediting authority, law, or any external agency.

B. INTERDISCIPLINARY IMPLICATIONS

- B1. One or more of the physical education staff are capable of teaching this course.
- B2. No additional or corollary courses are needed.
- B3. This course is not related to offerings by other departments.
- B4. This course is not designed for the Continuing Education Program.

C. EVALUATION

- C1. Cognitive test
Skill test
Quiz grades
- C2. This class is not designed for variable credit.

D. IMPLEMENTATION

- D1. (a) Faculty: There are a number of faculty members in the Health and Physical Education Department who could teach this course.
- (b) Equipment and space are available at any one of a number of Ski Resorts in the immediate area. Tentative arrangements have been made through the Hidden Valley Ski School, directed by Josef Cabe, professional ski instructor. The cost for the 1986-87 season will be 57.50 per person for five (5) eight hour ski lift tickets and five (5) one and one-half hour professional ski instructor lessons. Equipment rental will be 30.00 per student for the five sessions if the student does not have his/her own equipment.
- (c) Laboratory supplies--none are needed at present.

(d) Library materials are adequate at present.

(e) Travel funds--either state vans will be available at no cost or we will rent Co-op vans at the approximate cost per student of 20.00. (5 trips X .40 cost per mile X 120 miles to Hidden Valley x 2 vans - 24 students)

D2. Winter months only--January and February (self explanatory)

D3. Initially there will be two sections of 24 each. It is my hope to expand the ski offerings to incorporate multiple levels of ability and possibly develop a ski instructor's course.

D4. One instructor per 24 students is a reasonable number to supervise with this type of activity.

E. MISCELLANEOUS

none

DOWNHILL SKIING
HP 160

I. Introduction

This course is intended to aid the novice in learning the basics of downhill skiing. Instruction will be geared for students who have little or no skiing experience in proper use of equipment, safety, use of lifts and progressive development of the parallel ski technique.

II. General Objective

- A. To learn the origin and development of skiing
- B. To work through conditioning for skiers
- C. To understand the selection and care of equipment
- D. To learn the basics of the parallel ski technique
 - (1) Fundamentals and drills
 - (2) Rules etiquette and safety

III. Specific Objectives

- A. Origin, history and development of skiing
- B. Conditioning for skiers
 - (1) How to develop strength
 - (2) How to increase muscular endurance
 - (3) How to increase flexibility
 - (4) How to increase cardiovascular endurance
 - (5) Muscle involvement in skiing
 - (6) Muscle exercise program
- C. Selection and care of equipment
 - (1) Which skis
 - (a) metal
 - (b) fiberglass
 - (c) length
 - (2) Which bindings
 - (3) How to select boots
 - (4) Which poles to buy
 - (5) What clothing to buy
 - (6) Care of equipment
- D. The American Teaching Method (ATM)
 - (1) Specific maneuvers and exercises
 - (a) Straight running
 - (b) Basic wedge
 - (c) The wedge turn
 - (d) Traverse position
 - (e) Learning to skid the turn
 - (f) Side slipping
 - (g) Pole plant
 - (h) Wide track turns
 - (i) Rebound turns

- (j) Short swing
- (k) Step turns
- (l) Stemming
- (m) Parallel step Christie
- (n) Scissor step
- (2) How to become a better skier
 - (a) How to handle speed
 - (b) Handling bumps
 - (c) How to ski deep snow

IV. Content - General Guides

In class instruction: it is desirable to present material by the American Teaching Method. Instruction will be gauged to the ability of the class in general, rather than to develop the few individuals of outstanding ability. However, there will be different ability level groupings. The course will be taught in order of the specific objectives.

- A. A brief introduction of the history, content, and objectives of the course along with the text, course requirements, and equipment needed.
- B. Skiing will be the greatest stimulating factor for arousing interest; thus, the course content will be introduced as soon as possible.

V. Method of Instruction

The method of organization will utilize all of the available skiing space, with the maximum activity for all members and the protection against possible injury.

VI. Course Requirement

Each student will be responsible for the completion of the following tasks and assignments:

- A. Skill tests (mastery learning)
- B. Written tests
- C. Class assignments
- D. Oral examinations

VII. Evaluation

Evaluation of the student's progress is critical to a sound program. The values of evaluation:

- A. It helps the student to analyze his own skills which generally results in more rapid progress.
- B. It enables the teacher to divide the class into homogeneous ability groups.

- C. It has implications for the teacher who attempts to plan instructions on the basis of the needs of the students. Evaluation enables the instructor to determine needs.
- D. It can be a good means of motivating the students.
- E. It is the basis for assigning grades.
- F. It provides some indication of the degree of teaching success.

VIII. Method of Evaluation

The skill standards are set up in the specific objectives and this will be the criteria for basing the evaluation. The student will be expected to have a practical as well as a cognitive understanding of downhill skiing. The evaluation will be continuous throughout the course.

Selected Reference

Text: Tucker, Karl, Jensen, Clayne R. & Howard, Cary. Skiing (4th ed.)
Dubuque, Iowa: Wm. C. Brown Co., 1983.