

**Grande Prairie Regional College**  
**Department of Physical Education and Athletics**  
**PA 1810 Cross Country Skiing**

Winter 1998

Instructor: David Kay  
Phone: 539-2034

Office: K215  
email: Kay@GPRC.ab.ca

**1.0 Course Description**

Acquisition of theoretical knowledge and personal skill in classical cross country skiing, ski skating and downhill maneuvers on cross country equipment. (skating equipment and classical ski equipment is available from the PAC equipment room)

**2.0 Transfer of Credit**

University of Alberta PAC 181 (1.5)

University of Calgary OPAT 259/Junior OPAT (1.5)

University of Lethbridge PHAC 2xxx (1.5)

**3.0 Learning Objectives**

3.1 To demonstrate basic cross country skiing skills in a variety of terrain.

3.2 To discuss the basic principles involved in the theory of cross country skiing.

3.3 To demonstrate a positive attitude toward the life time activity of cross country skiing.

3.4 To discuss the principles of safe cross country skiing.

3.5 To discuss information useful in the care, selection and waxing of cross country skiing equipment

**4.0 Course Format:**

The course will meet twice weekly, Tuesdays and Thursdays at 3:00 PM in Portable F.

The course will also include participation in the Wapiti Nordic Ski Club Sveinundsgaard Loppet (date TBA)

In addition to classes on Tuesdays and Thursdays students are to practice 2 hours per week on their own.

The skiing instruction will also be based on snow type. In cold dry conditions classical skiing will be the focus and on days with warm/icy/moist conditions skating or hill technique will be the focus.

**5.0 Psychomotor Content**

**Classical skiing**

basic diagonal stride

basic double poling

basic one step double pole

basic diagonal stride uphill

**Skating skiing**

free skate

basic off set skate

basic two skate

basic one skate

half skate

diagonal skate

**Hill technique**

down hill running

snow plow stop

basic high speed step turn

snow plow turn

basic christie

basic telemark turn

## **Cognitive Content**

Dressing for cross country skiing      Trail etiquette  
Purchase and maintenance of ski equipment      Waxing theory and practice  
Hypothermia and frostbite      Day trip planning, equipment repair kits  
History of nordic skiing

## **6.0 Evaluation**

### **6.1 Practical skill evaluation 60%**

\* 6 skills will be evaluated at 10% each; Skills to be tested include:

Classical	Skating	Hill
basic diagonal stride	basic offset skate	basic high speed step turn
basic double poling	basic two skate	snow plow turn

\* practical skills will be evaluated according to the evaluation criteria used by the Canadian Association of Nordic Ski Instructors (Cansi) (Feb.96 revised Cansi manual)

**6.2 Video Analysis:** Students will select one cross country skiing skill and prepare a video analysis of this selected skill: 20%. Due March 5, 98.

(Late video analysis: each day will mean a 25% loss of their total video mark)

### **6.3 Final exam 20%**

\* April 14.

## **7.0 Required Text**

Gullion, L. (1993) Nordic Skiing Steps to Success. Human Kinetics, Windsor

### **Reference Text:**

Gillette, Ned and J. Dostal (1988) Cross Country Skiing.3rd., The Mountaineers, Seattle

## **8.0 Attendance**

Unexcused absence from more than 10% of this class (3 classes or absence from the WNSC loppett) is considered to be insufficient attendance and students with three or more unexcused absences may be barred from writing the final exam.

### PA 1810 Class Schedule 98

How this class operates: Meet each day in portable F. We will decide on the skiing type based on the snow conditions. If temperatures are -25C or colder we will meet and do class work, (lecture, wax lab., videos, etc). Occasionally we will stay out on the trails past 4:30 to make up lost skiing time. For those students who wish, extra feedback on their cross country technique D.Kay will be skiing at the Wapiti Nordic Ski trails in March on most Sunday afternoons.

Testing days will vary with the snow conditions.

Jan.	6	Introduction, equipment check out, waxing introduction
	8	
	13	
	15	
	20	
	22	
	27	
	29	
Feb.	3	testing
	5	testing
	10	
	12	
	17	
	19	
semester break.....		
March.	3	
	5	
	10	
	12	
	17	
	19	
	24	
	26	
	31	
April	2	
	7	
	9	
	14	Final Examination (written)