

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology
PA 1810 Cross Country Skiing
Winter 2000

1.0 Instructor: David Kay, Office: K215, phone: 539-2034, email: kay@gprc.ab.ca

2.0 Course Description

Acquisition of theoretical knowledge and personal skill in diagonal striding, double poling, skating, basic downhill techniques, waxing techniques and related winter environmental concerns will be the goal of the course.

3.0 Transfer of Credit

University of Alberta PAC 181 (1.5)

University of Calgary OPAT 259 / Jr.OPAT (1.5)

University of Lethbridge PHAC 2xxx (1.5)

4.0 Learning Objectives

3.1 To demonstrate basic cross country skiing skills on 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 cross country skiing.

3.4 To demonstrate the principles of safe cross country skiing.

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

5.0 Course Format:

The course will meet twice weekly, Monday and Wednesday, 2:30-3:50 PM in Portable F.

The skiing instruction will also be based on the weather and snow type. In cold dry conditions classical skiing will be the focus; 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

Equipment for cross country

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 50%

* 5 skills will be evaluated at 10% each; skills to be tested include:

Classical

Skating

Hill

basic diagonal stride

basic offset skate

snow plow turn

basic double poling

basic two skate

* practical skills will be evaluated according to the evaluation criteria used by the Canadian Association of Nordic Ski Instructors (Cansi)

6.2 Video critique: 10%

Students will select one cross country skiing video from the GPRC Library and do a critique. Choose one of the following videos:

* XC skating Technique and Exercises, gv.855.5.t73x2

* Ski Faster with Olympic Champion Bjorn Daehlie, gv.855.5.t73

* Ski Waxing-technique gv855.5.w39

Video critique due: March 15, 2000.

(must have: title page, a maximum of 3 double spaced typed pages)

6.3 Final exam 35%

6.4 Equipment Care: 5%

Students will assessed on their care of the GPRC skiing equipment, cleaning up waxing left overs, checking out and returning equipment in good condition.

7.0 Required Text

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

Reference Texts:

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

Canadian Association of Nordic Ski Instructors, (revised 1996) The Instructor's Manual for Teaching Nordic Skiing, Cansi, Willowdale, Ont.

8.0 Attendance

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