GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

PA 1810 - CROSS-COUNTRY SKIING
COURSE OUTLINE - WINTER 1997

INSTRUCTOR: Leigh Goldie K 219 539-2978

CLASS TIMES: Mon., Wed., Fri. 3:00 - 5:00 PM
Meet each day at PO F and then proceed to the trails.

COURSE DESCRIPTION: This course will allow one to develop the basic skills of nordic skiing as well as gaining an understanding of the theory underlying those skills. Areas of instruction will include classical and freestyle techniques, waxing and related winter environment concerns.

LEARNING OBJECTIVES: 1. To be able to perform basic and intermediate cross-country skiing skills.
2. To gain an understanding of the basic principles and concepts of the theory of cross-country skiing.
3. To develop a positive attitude toward the lifetime activity of cross-country skiing.
4. To be knowledgeable in the selection and care of cross-country ski equipment.

TRANSFERABILITY:

U of Alberta	PAC 181 (1.5)
U of Calgary	OPAT 259/Jr. OPAT (1.5)
U of Lethbridge	PHAC 2xxx (1.5)

COURSE TEXT: Gullion, L. (1993). Nordic skiing: Steps to success. Champaign, IL; Human Kinetics.

COURSE EVALUATION:

Skill tests	60%
Practice log/Loppett	20%
Written test - Mar. 5	20%
	100%