

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

PHYSICAL EDUCATION PA 281 ^{New Code} (PA 1810)
NORDIC SKIING - COURSE OUTLINE 1992 ~1

I. GENERAL INFORMATION

Instructor: Harry Stevens
Office: K218
Phone: 539-2974

Class Times: T, R 1:30 - 2:50 p.m.
plus 3 hours per week of practice
Starting January 7 to February 20.

Some of this practice time will be required at the 12:30 to 1:30 time table time slot, as well as volunteering or participating in one weekend race event.

Credit: 1.5 credits

Transferability:

Equivalent to PAC 281 - University of Alberta
1.5 Credits, OPAT259/Jr. OPAT - University of
Calgary

1.5 Credits, unspecified PE option -
- University of Lethbridge 1.5 credits

II. COURSE

OBJECTIVES:

The objective and competencies related to skiing will include:

1. To improve the individual's basic understanding and knowledge of the principles and concepts of nordic skiing.
2. To provide a learning situation in which individuals are encouraged to develop the motor skills related to nordic skiing.
3. To provide opportunities for individuals to experience a wide variety of skiing terrain in their skill development.
4. To provide opportunities and situations in which skiing may be integrated into a winter recreational pursuit for the participant.

III. RESOURCES:

- Reference Texts: Edward Baldwin, The Cross-Country Skiing Handbook, Toronto, Modern Canadian Library.
- Margaret Bennett, Cross-Country/Skiing for the Fun of It, New York.
- Hans Brummer, Cross-Country Skiing, New York, McGraw-Hill Ryerson.
- John Caldwell, The New Cross Country Ski Book, Brattleboro S. Green Press.
- Arthur Lieber, The Complete Book of Cross Country Skiing and Ski Touring, New York, 1974.

IV. CLASS FORMAT:

1. Students who have more than 2 unexcused absences may NOT be granted permission to write the final exam, and/or asked to withdraw from the course.

2. Course Evaluation

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| a) | Practical (See Evaluation Criteria Sheets)
(Adapted from the University of Alberta) | 60% |
| b) | Practice Logs (See Practice Log Guidelines) | 20% |
| c) | Final Exam | <u>20%</u> |
| | | 100% |

3. Classes

When weather and snow conditions permit, classes will be held outside. If the weather is too cold or the snow too scarce, lectures will be conducted indoors. Lectures could cover any of the following topics; which you would then be responsible for on the exam.

History

Purchase and Maintenance of Ski Equipment

Use of Equipment and Its Care

Terminology

Teaching Progressions

Hypothermia, Cold Weather Survival

Films

Conditioning and Training Techniques in Skiing

Common Injuries - Cause, Prevention, Treatment and Care

Common Mistakes in Skiing

Planning a Ski Trip

Skiing Special Terrain