

Las Positas College  
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**Course Outline for KIN SS  
SKI/SNOWBOARD CONDITIONING**

**Effective: Spring 2017**

**I. CATALOG DESCRIPTION:**

KIN SS — SKI/SNOWBOARD CONDITIONING — 1.00 - 2.00 units

Introduction to the conditioning and development of fitness specifically geared to individuals preparing for skiing, snow boarding, cross country skiing, and other snow related activities.

1.00 - 2.00 Units Lab

**Grading Methods:**

**Discipline:**

|                     | <u>MIN</u> | <u>MAX</u> |
|---------------------|------------|------------|
| <b>Lab Hours:</b>   | 54.00      | 108.00     |
| <b>Total Hours:</b> | 54.00      | 108.00     |

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1**

**III. PREREQUISITE AND/OR ADVISORY SKILLS:**

**IV. MEASURABLE OBJECTIVES:**

**Upon completion of this course, the student should be able to:**

- A. Demonstrate elementary knowledge of anatomy/physiology related to ski/snow fitness;
- B. Plan/participate in a fitness program to maintain and improve personal fitness;
- C. Demonstrate knowledge of how to properly use cardio machines & fitness equipment;
- D. Identify and understand the importance of warm-ups/downs; and flexibility development;
- E. Analyze proper strength developing programs for skiing, alpine, and snow boarding;
- F. Apply exercise programs for flexibility, strength, endurance, balance, and stamina.

**V. CONTENT:**

- A. Elementary human anatomy/physiological concepts related to skiing and snowboard activities
- B. Selection and use of safe operating physical fitness equipment and machines
- C. Basic nutrition information related to exercise
- D. Use of exercise programs to development flexibility, strength, endurance, and skills
- E. Proper first aid procedures, safety awareness, and dangers associated with snow activities
- F. Participation in a "hands on" experience via an actual ski conditioning training program

**VI. METHODS OF INSTRUCTION:**

- A. **Lecture** -
- B. **Demonstration** -
- C. Group and individual training sessions;
- D. Use of audio visual and intranet educational programs
- E. Student participation in ski conditioning programs;
- F. Individual and small group drills for skill amelioration

**VII. TYPICAL ASSIGNMENTS:**

A. Lecture 1. Quadriceps, developing strength, endurance, and stamina B. Reading 1. Read an article or class handout on thigh strength. C. Class and group discussion of significant issues and topics 1. Class activity: determine each students leg strength. 2. Group discussion: Determine how to improve leg strength and endurance. Class would discuss activities such as weight training, biking, jumping rope, hiking, skiing/boarding. D. Skill-building exercises and projects 1. Set up three week exercise program to improve leg strength. 2. Participate in class workouts for leg strength development. 3. Do pre- and post- testing to determine program success. E. Written assessment of workouts via record keeping for exercise programs. F. Class Project 1. Participate in a non required outside class activity; skiing, snowboarding, or cross country skiing. Outside class participation in snow activities is voluntary, and LPC will not be held responsible.

**VIII. EVALUATION:**

**A. Methods**

- 1. Exams/Tests

2. Quizzes

3. Other:

a. Method of Evaluation

1. Objective examinations and quizzes (for lecture, class handouts, and text reading assignments)

a. Typical question

1. When selecting an quadriceps muscle exercise, which of the following would be specifically helpful?: A. Squats, B. pull ups, C. Bench Press, D. Arm curls.

2. What is atrophy and how is it affected by exercise?

2. Analysis and evaluation of skill-building assignments.

a. Students Attendance/participation. 50%

b. Student Self evaluation and written exam results.

c. Instructor's evaluation on students improvement and/or fitness

## **B. Frequency**

1. Frequency of Evaluation

a. Final exam and periodic test, quizzes, and instructor's assessments

b. Immediate and continual evaluation of student's progress

c. End of term evaluation of student's fitness levels.

## **IX. TYPICAL TEXTS:**

1. Muller, Erich, H. Schwameder, E.H. Kornel (Editors) *Science and Skiing.*, -, 0.

2. Foxon, Fred and Jean-Christopher Souillac (Photographer) *Skiing: Technique, Tactics, Training (Crowood Sports Guides).*, -, 1992.

## **X. OTHER MATERIALS REQUIRED OF STUDENTS:**

A. Students will have to provide their own clothing, foot apparel, and nutrients for class participation.