

# Course Syllabus

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## KINES 11: Snowsports: Downhill Skiing ~ Spring 2022

**SNOWSPORTS INSTRUCTOR:** Laura Gilham

**OFFICE:** Tussey Mountain Office      **OFFICE HOURS:** By Appointment

**E-mail:** [lkg122@psu.edu](mailto:lkg122@psu.edu) (<mailto:lkg122@psu.edu>)

**PHONE:** 814-466-6266, Tussey Mountain

**Class Meetings:** This class begins strictly on-line with required weekly work on Canvas (starting Jan 10 for all sections) and then transitioning to IN-PERSON as of Jan 24 at Tussey Mountain. Sections meet in-person on the following dates/times:

- Section 101 (Saturdays 12:30-3:00pm)
- Section 102 (Mondays 7:00-9:30pm)
- Section 103 (Tuesdays 7:00-9:30pm)
- Section 104 (Wednesdays 7:00-9:30pm)
- Section 105 (Thursdays 7:00-9:30pm)

**PSU LIASON:** Michele Duffey, Department of Kinesiology

### Course Mode

This course requires work on Canvas AND in-person at Tussey Mountain. There is work due every week on Canvas during the initial web portion of the course that has firm deadlines. During the in-person portion, students must be ready to participate in-person at Tussey Mountain. All students must be able to complete the in-person portion of the course to complete the course. Assignments cannot be submitted for credit after the assignment's deadline.

### Course Description

KINES 11 is designed to help students build overall fitness and wellness based in winter snowsports, specifically downhill skiing. Students acquire the knowledge and critical thinking skills that are essential to the development and continual evolution of a fitness and wellness plan focused on a healthy and active lifestyle that includes cold weather exercise. Students explore such topics as wellness, training principles, cold weather injury and illness prevention and management, and proper mechanics to promote safety and success on snow. Downhill skiing is a popular recreational physical activity in a global market. The early days of skiing in the United States were typified by a variety of styles and techniques, many of which were brought to this country by European ski instructors. As the equipment and the snowmaking capabilities change, these changes are translated into adapting techniques for successful skiing. Downhill skiing can be performed across all ages and skill levels; in KINES 11, students are grouped appropriately by ability, so all students can be challenged individually on snow. If done properly, downhill skiing will promote comprehensive wellness while developing important life-long motor skills. Ultimately students will learn the benefits of downhill skiing as a lifetime activity for health and wellness.

Successful completion of this course is worth 1.5 credit towards the general education GHW requirement; no prerequisite required.

***You are enrolled in KINES 11. You must ski; you are not allowed to snowboard.***

**Tussey Mountain requires all students participating in Kinesiology 11 & 12 to wear a helmet (specifically made for snowsports) during class time.** Students are encouraged to purchase their own helmet. Due to ongoing COVID cleaning protocols, there are a limited amount of helmets available for rentals, and students should not rely on their availability at the rental shop.

## Course Goals

Some overarching goals of the class are:

- To provide students with a positive experience and an optimal environment for improving skiing while focusing on a lasting student experience.
- Provide a structured skill-based learning environment to improve personal skiing.
- Assist students in gaining overall knowledge of the sport; safety, equipment, technical knowledge, and terminology used in everyday application.

## Course Objectives

The objectives of the class are:

- Demonstrate knowledge of the development and practice of downhill skiing
- Improve physical fitness levels, especially in the areas of flexibility, strength and endurance
- Demonstrate basic skill acquisition in downhill skiing
- Explain how downhill skiing promotes physical, emotional and psychological enjoyment
- Define cold-related injuries and how to prevent and manage them
- Explain and demonstrate safe practices in skiing
- Discuss equipment needs and function of various aspects of equipment
- Apply basic training principles to health-related components of physical fitness and implement a fitness and wellness program with a skiing/winter sport component

## Class Expectations

We expect all students to acquire the knowledge of various skills that can improve freestyle and personal skiing. When in-person arriving to class on time, participating in and trying new drills, and possessing a positive attitude will help you maximize your learning and succeed in your on-snow evaluation late in the semester.

As the student, you are expected to attend and participate in class no matter what the weather conditions (i.e. excessive snow, rain, ice). You are expected to spend the entire 2.5 hours outdoors. During class time, students are only permitted in the lodge to use the bathroom facilities.

Students are responsible for their own transportation to the mountain. If weather conditions or your personal comfort do not allow you to drive, it is your responsibility to still attend class and be on time. You are not excused for missing or being late due to the weather. **Class is only canceled if Pennsylvania State University cancels classes.** Class will be held according to the prescribed schedule even if the mountain is closed for on-snow activities due to unforeseen circumstances; in these circumstances, class will be held virtually including an assignment with deadline, and students will be notified in advance.

You are expected to be dressed appropriately for any weather condition. Please see modules for a suggested list of appropriate clothing to stay warm and dry.

## Instructor's Statement

We will be providing a mixed-mode of instruction for this course consisting of 2 weeks of online assignments, then 5 weeks of on-snow skill-based instruction at Tussey Mountain. Students will also be required to ski 1 time outside of class for practice – this must be done at Tussey Mountain and follow protocols for tracking your on-snow time. If the student becomes sick, injured, overwhelmed with schoolwork, or succumbs to another reason for the inability to attend and participate in class, he/she will need to drop the class.

## Course Requirements and Grading & Evaluation

The following grading scale will be used to determine letter grades:

A  $\geq$ 93, A- 90-92, B+ 87-89, B 83-86, B- 80-82, C+ 77-79, C 70-76, D 60-70, F <60

• Risk Acknowledgement (required for course)	0 pts
• Assignment Week 2: Self-Evaluation	5 pts
• Quiz: Week 1 & 2 content	10 pts
• Assignment Week 3: Activity & Exercise	5 pts
• Quiz: Week 3 & 4 content	10 pts
• Critique (based on Week 5, 6, 7 content)	5 pts
• 1 Practice Day	5 pts
• On-Snow Assessments (Weeks 3–7)	8 pts each (total 40 pts)
• Written Exam (ALL content)	<u>20 pts</u>
Total	100 pts

**Quizzes: 10 points each** Quizzes are timed and online quiz using objective questions (e.g. multiple choice, true/false, multiple selection) and will cover topics in the defined weeks. For example, the Quiz 1 covers week 1 & 2 material, and Quiz 2 covers material from weeks 3 & 4. Quizzes will be available from Monday through Sunday of the week in which they are due. Please note that missing Week 1 due to an excused absence, failure to engage in class, and/or adding after the 1st class does not excuse you from completing this quiz as scheduled during week 2. Students are responsible for all materials in Canvas the quiz may cover.

**Assignments: 5 points each** Students will be scored based on completion of weekly online course work. Each week will have a different module with material to complete. Students will have an assignment associated with the module that must be completed during the week the module is available. Due dates will be listed in Canvas. Modules/assignments will be available for the entire week and must be completed before the start of the next week. Modules will focus on information that is important to the development of varying skiing knowledge and safety. Due dates are included on the syllabus/course calendar. Assignments include:

- **Self-Evaluation:** This assignment is in the form of a timed, online quiz and is used to help determine your skill ability level. If you complete the assignment you will earn credit. This assignment must be completed before attending the first in-person class. Instructions to follow.
- **Wellness/Activity Assignment:** Students will evaluate activity/wellness. Instructions to follow.
- **Critique:** During weeks 5 through 7, students will have access to video to critique based on skills in skiing. Instructional materials will be present, and students will be practicing skills on-snow during this period as well to complete the learning process. Instructions to follow.

**On-Snow Assessment Scores: 8 points each (totaling 40 points)** Students will be scored based on their overall improvement of their ability from start to finish of the class for on-snow skills. This will focus on specific skills or drills that are taught weekly in class and is intended to evaluate their overall improvement and progression as a skier as they learn the daily material. Daily assessment scores will be assigned as follows:

- A = 8 points (Skill set has improved and has shown great progression. Skill might not be mastered but can complete the skill as the coach has asked.)
- B = 6.8 points (Skill set has slightly improved but has shown minimal skill progression overall. Student tries everything the coach has asked but needs more practice.)
- C = 5.6 points (Skill set has stayed the same with no skill progression observed. Student minimally tried but could not do the skill.)
- F = 0 points (Did not attend the class and/or refused to practice the skills.)

**1 Practice Day: 5 points** Students will be required to snowboard outside of class time 1 total time. Students must complete their practice day at Tussey Mountain. Practice days may not be completed on the same day as your on-snow class (i.e. If you have class on Saturday, you cannot have a practice day on Saturday for credit, you must sign-in and track your snowboarding on another day – Sunday–Friday). You will check into the Tussey Mountain Ticket Office as you would

any other class time. You must sign-in at the Main Office to receive full-credit. Your practice day must be a minimum of 2.5 hours. You can choose one of the ski tracker apps listed on Canvas. Requirements listed on Canvas must be uploaded by deadlines for credit. Students may come out anytime that Tussey Mountain is open from January 31 until Feb 27 outside of class time. Practice days must be completed and uploaded to Canvas by 11:59pm on February 27. There are no restrictions on day or time to use your pass. This is an opportunity to practice skills learned online or on-snow for the course. Practice outside of course time is essential for progressing your snowboarding and building muscle memory for the skill.

- 1 point = Sign-in at Tussey Mountain
- 4 points = upload Canvas requirements

**Final Written Exam: 20 points** The final exam will use objective questions (e.g. multiple choice, true/false, multiple selection) and will cover topics from in-class discussion and information found in Canvas modules; the final exam will focus on material in the study guide, the weeks students are on-snow and prior modules. Expect around 75% of the material to be part of the Study Guide Module.

- The **final exam will be available on CANVAS from 8:00am on Monday, February 28 until Wednesday, March 2 at 11:59pm**. You can take it anytime during the open testing time.
- All final written exams must be completed in the assigned window. Failure to take the exam on canvas by March 2 at 11:59pm will earn a grade of zero (0). **No make-up exams requests will be granted. Do NOT wait until the last moment to login.** If you miss the exam, you will earn a grade of zero (0), and no make-up exam will be given.
- Failure to access course materials or to plan appropriately does not excuse you from taking the exam. Since there is a 3-day window to take the final exam, we do not anticipate a need for a conflict exam time. *In the event of an exceptional situation, any requests for a different exam time must be RECEIVED by Michele Duffey no later than Wednesday, February 9 and must include a detailed explanation with a university excusable reason for a conflict time.*

### Course Policies and Procedures

1. Students must follow all COVID-19 and social distancing policies, rules, and regulations for the State of Pennsylvania, Penn State University, Tussey Mountain, and any specific for this course. Rules and regulations may change at any time as the global pandemic changes. It is the responsibility of the student to look at the PSU website, Tussey Mountain website, and CANVAS before attending each class to see if any rules have changed. Any masking policies by Penn State University or Tussey Mountain will be strictly enforced regardless of vaccination status. Failure to follow masking rules will result in removal from class and forfeiture of any points associated with the day.
2. Tussey Mountain requires all students participating in Kinesiology 11 & 12 to wear a helmet (specifically made for snowsports) during class time. Students are encouraged to purchase their own helmets. Due to ongoing COVID cleaning protocols, there are a limited amount of helmets available for rentals, and students should not rely on their availability at the rental shop. If you do not currently have a helmet, here are some local shops where you can get one, and a list of top helmet manufacturers for reference. These can be purchased at any retailer. The helmet must fit properly and be specific to snowsports.
3. Students are responsible for being able to ride the lift unassisted and get up on their own if they fall. Tussey Mountain coaches will be practicing touchless teaching to maintain safe physical distancing. A coach may touch equipment to aid in a drill. Coaches will get verbal approval before touching equipment/getting close to the student to touch the equipment. If you are hurt and need help and cannot get up, ski patrol will be called to assist.
4. If a student gets hurt, they must go to ski patrol first. If care is refused, the student must sign off at ski patrol. **If an ambulance is called, the cost is the responsibility of the student.** In the event an ambulance is called, neither Tussey Mountain nor the Pennsylvania State University can predict or request the response of a specific emergency response team. Reporting injury must be made to ski patrol and must happen during that class. You cannot go to ski patrol after the class has ended to file a report. If you feel you are injured, as a student you must make the decision to go. With purchasing your lift ticket, you assume responsibility for risk and injury, signing off legally for that responsibility (This is not the responsibility of Penn State University or Tussey Mountain). Ski patrol will assess your injury and if needed will tell you to follow up with a medical professional. These reports cannot be used for insurance purposes as ski

patrol does not diagnose, only a CRNP or MD in the state of Pennsylvania can give you an official medical diagnosis to use for insurance purposes.

5. This is a class for academic credit through the Pennsylvania State University and should be treated as such. The course convenes over the first half of the spring semester. In Spring 2022, Weeks 1-2 (Jan 10-23) focus on safety and preparatory information fully through Canvas with Weeks 3-7 (Jan 24-March 5) being held at Tussey Mountain for on-snow instruction; a written final exam must be completed outside of class time via Canvas.
6. This is a short half-semester course. You are responsible for all course content on-snow or on Canvas, whether or not you are in attendance. Not attending and/or participating in online or on-snow classes does not make you exempt from the content required for the course.
7. The online quizzes/exams have set timeframes in which they are available. Students are allowed to complete them anytime while they are available. If a student does not take an online quiz or exam when it is available, they will earn a zero and will be unable to retake the exam.
8. Weeks 3-7 are held on-snow. You are expected to be signed in at the main office, obtain any rentals or have your own equipment, and be dressed to join class on time. If you arrive late, you must wait by the lift your group is using (beginner lift or main lift). It is the student's responsibility to find their group. Do not try to look for them on the mountain. Stay at the lift line to wait.
9. Students will be asked to perform skills/drills at the performance level given as the goal for each class meeting. The on-snow coach will record an assessment based on the progress of the skill/drill but not assign a grade. Your course instructor, Laura Gilham, will evaluate the on-snow assessments to assign grades.
10. Students will be asked to briefly evaluate their performance and learning on their SRTE. The SRTE is to evaluate Tussey Mountain Snowsports School only.
11. NO electronic devices (i.e. cell phones, earbuds, GoPro etc.) are allowed in class. If you have a cell phone or other electronic device in class, it must be set to vibrate or turned off and STOWED during class. Students found using electronic devices during class will be dismissed from class for the remainder of the class period. No make-ups will be granted for work missed as a result of dismissal from class. No refunds will be granted for dismissal from class.
12. It is your responsibility as the student to monitor your grades and absences throughout the semester. *(Students must sign-in on the correct course sign-in sheet; the sign-in sheet will be used to settle all disputes about attendance and participation.)*
13. All class members will take responsibility for personal actions or lack of action, show respect toward all others (this includes all staff of Tussey Mountain from any department, any representatives of Penn State University, and any other students or patrons of Tussey Mountain), and act in a courteous manner. Failure to conduct oneself in an appropriate manner will result in dismissal from class for the remainder of the class period.
14. If the mountain is closed, class will still be conducted online. A Canvas module will be posted for the class with a completion component. Module and completion component (i.e. pop quiz, written assignment) will be available only during the set class time.
15. Penn State Policy AD32 prohibits smoking or the use of tobacco or nicotine. Tussey Mountain is a drug-free and no-smoking area. You may not show up to class after consuming **any** amount of alcohol. If you are under the influence of drugs or alcohol during class you will be dismissed from class for your own safety and the safety of others. Furthermore, if you are caught smoking and or using drugs or alcohol on the lift or anywhere else on Tussey Mountain property during class time, you will be dismissed from class. No make-ups will be granted for points lost from dismissal. If you are under the influence, for your safety, you must go to Ski Patrol so they can evaluate you and assess your plan to get home.
16. If Campus Police, Harris Township Police, or State Police have to be called for any reason concerning you or your behavior, outside of a medical emergency, it will result in a failing grade for the day. An immediate meeting must be scheduled with the KPAP Director, Michele Duffey, to determine the next course of action before you may return to class.
17. The Tussey Mountain (TM) Snowsports School is a PSIA-AASI Certified school and is subcontracted by Penn State for this course. Their snowsports staff are your on-snow coaches to help deliver on-snow instruction. They do not know your grades at any time. They do not know about any excused classes due to COVID-19 isolation/quarantine. TM coaches do not know about any online aspects of the course. Their sole job is to coach you to learn on-snow skills and drills. TM coaches will give weekly on-snow evaluations, but final scores and grading are completed by Laura Gilham & Michele

Duffey. TM coaches do not have the ability to excuse absences or have any decision about grades or your standing in the course. You are not to contact the TM coaches for anything regarding on-snow instruction, missing class, etc. All class communications must be made with Laura Gilham or Michele Duffey via Canvas.

### **Missed Class Due to COVID Diagnosis Isolation or Quarantine**

If a student has to miss in-person for 5-10 days due to a positive COVID diagnosis requiring isolation/quarantine, or if a student must quarantine while awaiting COVID test results, the student needs to do the following:

- Contact both Laura Gilham (lkg122) and Michele Duffey (mlp127) at the start of your quarantine period, BEFORE a missed class. You must comply with current CDC guidance for quarantine. If awaiting test results, students may return once they receive their negative results.
- Students will still be required to complete all online assignments/quizzes/exams by deadlines. Individual exceptions for online assignment/quiz/exam extension as a result of COVID will only be granted the KPAP Director, Michele Duffey.

**If a student misses class weeks 3-7 due to isolation/quarantine, they will not be penalized for the on-snow assessment grades if they complete the following:**

- Immediately contact and communicate with both Laura Gilham (lkg122) and Michele Duffey (mlp127) to receive a set of agreed upon instructions for submission of work and details of work allowed to be completed (only work not yet missed).
- Students will be given a written assignment for each class that has been missed (up to 2 total classes, depending on when quarantine period has started). Each assignment will be graded out of 8 points (if missing 2 classes, up to 16 total points from the weekly assessments).
- This assignment exempts a student from having to do the missed skill/drill for the on-snow assessment.
- ALL make-up written assignments are due by the set deadline on Canvas. Credit will not be issued for any late assignments. For those who miss the final week, all assignments are due by the end date of the course (Saturday, March 5) per the agreement outlined with Laura Gilham and Michele Duffey.
- Online assignments will be graded as follows. If a student does not complete the assignment, they will earn a zero for any missed on-snow skill assessment points.
  - A = 8 points – Completes entire assignment with correct answers/responses
  - B = 6.8 points – Completes entire assignment but with only some correct answers/responses
  - C = 5.6 points – Completes partial assignment with a combination of correct and incorrect answers/responses
  - D = 4 points – Does not fully follow assignment instructions and submits few correct answers/responses
  - F = 0 points – Does not turn in assignment by deadline or submits an assignment that does not follow instructions and does not include correct answers/responses

### **Add/Drop Period**

As a partial semester course, the add/drop period for this course is limited as is the late drop period. These deadlines are strictly observed without exception. The course add/drop and late drop deadlines are as follow:

	<u>Drop ENDS:</u>	<u>Add ENDS:</u>	<u>Late Drop Deadline:</u>
Section 101 (Saturday)	01/17/22	01/18/22	02/20/22
Section 102 (Monday)	01/12/22	01/13/22	02/15/22
Section 103 (Tuesday)	01/13/22	01/14/22	02/16/22
Section 104 (Wednesday)	01/14/22	01/15/22	02/17/22
Section 105 (Thursday)	01/15/22	01/16/22	02/18/22

### **Pricing & Fees**

This course has fees associated with it which the students pay directly to Tussey Mountain. Course fees are based on a 3-tier option pricing. Fees include all instruction, daily lift ticket fees, and rental fees. Fees will be adjusted for those students who own their own equipment or who possess a season ski pass. Please see class registration form located on Canavs and the Tussey Mountain website for additional information about pricing and payment options. Fees for students enrolled for Spring 2021 are as follow based upon needs:

- All course instruction, lift tickets, and equipment rental: \$475
- All course instruction and lift tickets (student has own equipment): \$325
- All course instruction (student has own equipment & is season pass holder): \$225

**Questions:** All questions about fees or payment of fees should be directed to Tussey Mountain only. All contact information is available via the Tussey Mountain web-site: <http://tusseymountain.com> ↗ (<http://tusseymountain.com/>)

### Course Material Usage

**The instructor reserves the right to allow or not allow video or audio recording. Any recordings provided to the class are to be used solely for educational purposes, with instructor consent only. All recordings that include the instructions and demonstrations (from recorded lectures or lectures broadcast via Zoom) of the instructor are the property of the instructor and may not be used without permission. This content may not be shared to the public via social media or elsewhere online without permission of the instructor.**

### Academic Integrity and Personal Responsibility

Academic Integrity is defined as the pursuit of scholarly activity in an open, honest, and responsible manner. Academic integrity is a basic guiding principle for all academic activity at The Pennsylvania State University, and all members of the University community are expected to act in accordance with this principle. Consistent with this expectation, the University's Code of Conduct states that all students should act with personal integrity, respect other students' dignity, rights and property, and help create and maintain an environment in which all can succeed through the fruits of their efforts.

Academic integrity includes a commitment not to engage in or tolerate acts of falsification, misrepresentation or deception. Such acts of dishonesty violate the fundamental ethical principles of the University community and compromise the worth of work completed by others.

Academic dishonesty includes, but is not limited to, cheating, plagiarizing, fabrication of information or citations, facilitating acts of academic dishonesty by others, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. Penalties for academic dishonesty are outlined in Policies and Rules: A Handbook for Students, and may lead to disciplinary sanctions including a failing grade for the course. (<http://tlt.its.psu.edu/suggestions/cyberplag/cyberplagstudent.html> ↗ (<http://tlt.its.psu.edu/suggestions/cyberplag/cyberplagstudent.html>)) A summary of examples of potential academic integrity violations is posted on Canvas. If you need to review topics that include plagiarism, complete the following tutorial: <http://tlt.its.psu.edu/plagiarism/tutorial/> ↗ (<http://tlt.its.psu.edu/plagiarism/tutorial/>)

Cheating of any kind will not be tolerated. University policies in the Policies and Rules: A Handbook for Students and the Penn State Principles will be followed in the event of academic dishonesty or failure to take responsibility for one's actions. If you are caught committing any form of academic dishonesty, an Academic Integrity Form will be completed and submitted to the university; *students charged with academic dishonesty may not drop the course or withdraw from the university during an open academic integrity violation.* If the university confirms academic dishonesty, violations will incur the maximum penalty allowed by the University. If disciplinary action is also implemented, additional sanctions may apply.

### Students with Disabilities Policy

"Student Disability Resources Penn State welcomes students with disabilities into the University's educational programs. Every Penn State campus has an office for students with disabilities. Student Disability Resources (SDR) web site provides contact information for every Penn State campus: <http://equity.psu.edu/ods/dcl> ↗ (<http://equity.psu.edu/ods/dcl>)". For further information, please visit Student Disability Resources web site: <http://equity.psu.edu/sdr> ↗

(<http://equity.psu.edu/sdr>). In order to receive consideration for reasonable accommodations, you must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <http://equity.psu.edu/sdr/guidelines> ➦ (<http://equity.psu.edu/sdr/guidelines>). If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with an accommodation letter. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. You must follow this process for every semester that you request accommodations."

## **Counseling and Psychological Services**

Many students at Penn State face personal challenges or have psychological needs that may interfere with their academic progress, social development, or emotional well-being. The university offers a variety of confidential services to help you through difficult times, including individual and group counseling, crisis intervention, consultations, online chats, and mental health screenings. These services are provided by staff who welcome all students and embrace a philosophy respectful of clients' cultural and religious backgrounds, and sensitive to differences in race, ability, gender identity and sexual orientation.

- Counseling and Psychological Services (CAPS) (814) 863-0395 or 501 Student Health Center during regular office hours (8 am-5 pm, Monday-Friday)
- Penn State Crisis Line (24 hours/7 days/week) (877) 229-6400
- Crisis Text Line (24 hours/7 days/week) Text LIONS to 741741
- Mental Health Providers (all campuses) <https://elections.psu.edu/caps-cpd/> ➦ (<https://elections.psu.edu/caps-cpd/%C2%A0>)

For more information on services at CAPS visit <http://studentaffairs.psu.edu/counseling/services/> ➦ (<http://studentaffairs.psu.edu/counseling/services/%C2%A0>)

To learn how to schedule with CAPS: <http://studentaffairs.psu.edu/counseling/appointments.shtml> ➦ (<http://studentaffairs.psu.edu/counseling/appointments.shtml%C2%A0>)

If you or someone you know is experiencing a crisis situation, information on resources at CAPS and other local groups that can help is found at <http://studentaffairs.psu.edu/counseling/crisis/> ➦ (<http://studentaffairs.psu.edu/counseling/crisis/>)

## **Reporting Bias**

Penn State takes great pride to foster a diverse and inclusive environment for students, faculty, and staff. Acts of intolerance, discrimination, or harassment due to age, ancestry, color, disability, gender, gender identity, national origin, race, religious belief, sexual orientation, or veteran status are not tolerated.

Students, faculty, or staff who experience or witness a possible bias motivated incident are urged to report the incident immediately through Educational Equity at the Report Bias webpage: <http://equity.psu.edu/reportbias/> ➦ (<http://equity.psu.edu/reportbias/>)

## **\*STUDENTS PLEASE BE ADVISED!**

There is an inherent risk in taking downhill skiing and/or snowboarding class. Every year there are students who become injured and cannot complete their class. If you are a graduating senior, who is depending on this credit to fulfill your GHW requirement, you may put your planned May graduation in jeopardy if you can't complete this class. If you are a graduating senior who meets these conditions and can't complete the course, you will have to petition your college for a hardship waiver for your last GHW credits. Neither Tussey Mountain nor the Department of Kinesiology has the power to waive any credits from your GHW requirement.

**The syllabus is subject to change. Any change in the syllabus will be announced in writing via CANVAS and if in-person during class.**









## KINES 11 ~ Downhill Skiing ~ Spring 2022

Week	Date	Topics for the Week	Due Dates
1	Week of 1/10-1/16	General Information for Snowsports: Attire, Trail Map, Safety (helmets, terrain, responsibility code, signals, signage, COVID-19)	<b>Risk Acknowledgement and Non-Verbal Signals on Snow Video DUE no later than 11:59pm on Sun, Jan 16 (Canvas submission)</b>
		Self-Evaluation for Downhill Skiing	
2	Week of 1/17-1/23	Common Injuries and Injury Prevention (mainly musculoskeletal injury and cold-related condition)	<b>Self-Evaluation Quiz DUE no later than Sat, Jan 22 at 11:59pm (Canvas submission)</b>
		On-Snow Training: safety, preparation, planning for downhill skiing	<b>Week 2 Quiz DUE no later than Sun, Jan 23 at 11:59pm (Canvas submission)</b>
3	Week of 1/24-1/30	Wellness & Mindfulness in Snowsports Yoga for Strength & Flexibility Skiing Performance & Fundamentals	<b>Assessing Barriers to Physical Activity assignment DUE no later than Sun, Jan 30 at 11:59pm (Canvas submission)</b>  On-snow downhill skiing at Tussey Mountain (In-Person)
4	Week of 1/31-2/6	Exercise, Physical Activity, and Training Tips Movement Analysis for Downhill Skiing Practice Days	<b>Week 4 Quiz DUE no later than Sun, Feb 6 at 11:59pm (Canvas submission)</b>  On-snow downhill skiing at Tussey Mountain (In-Person)  Can consider Practice Day completion (In-Person with Canvas submission) DUE by Sun, Feb 27 at 11:59pm
5	Week of 2/7-13	Major focus on on-snow downhill skiing technique Practice Day completion if outstanding; Skiing Video Critique work	On-snow downhill skiing at Tussey Mountain (In-Person)  Can consider Practice Day completion (In-Person with Canvas submission) DUE by Sun, Feb 27 at 11:59pm  Can consider submitting Skiing Video Critique (Canvas submission) DUE no later than Sun, Feb 27 at 11:59pm
6	Week of 2/14-20	Major focus on on-snow downhill skiing technique Practice Day completion if outstanding; Skiing Video Critique work	On-snow downhill skiing at Tussey Mountain (In-Person)  Can consider Practice Day completion (In-Person with Canvas submission) DUE by Sun, Feb 27 at 11:59pm

			Can consider submitting Skiing Video Critique (Canvas submission) DUE no later than Sun, Feb 27 at 11:59pm
			On-snow downhill skiing at Tussey Mountain (In-Person)
7	Week of 2/21-2/27	Major focus on on-snow downhill skiing technique Practice Day completion if outstanding; Skiing Video Critique completion if outstanding	<b>Must complete Practice Day if not already completed (In-Person with Canvas submission) DUE by Sun, Feb 27 at 11:59pm</b>  <b>Must complete Skiing Video Critique if not already complete (Canvas submission) DUE no later than Sun, Feb 27 at 11:59pm</b>
8	Week of 2/28-3/4	Final Exam to be completed between Mon, Feb 28 and Wed, Mar 2 (Canvas)	<b>Final Exam DUE between Mon, Feb 28 8:00am and Wed, Mar 2 at 11:59pm (Canvas submission)</b>

## Course Summary:

Date	Details	Due
Mon Jan 17, 2022	 <a href="https://psu.instructure.com/courses/2155942/assignments/13445148">Confirmation: Viewed Non-Verbal Signals on the Snow video</a> <a href="https://psu.instructure.com/courses/2155942/assignments/13445148">https://psu.instructure.com/courses/2155942/assignments/13445148</a>	due by 11:59pm
	 <a href="https://psu.instructure.com/courses/2155942/assignments/13445147">Risk Acknowledgement - cannot access any other course modules without acceptance</a> <a href="https://psu.instructure.com/courses/2155942/assignments/13445147">https://psu.instructure.com/courses/2155942/assignments/13445147</a>	due by 11:59pm
Sat Jan 22, 2022	 <a href="https://psu.instructure.com/courses/2155942/assignments/13445153">Skiing Self-Evaluation Quiz</a> <a href="https://psu.instructure.com/courses/2155942/assignments/13445153">https://psu.instructure.com/courses/2155942/assignments/13445153</a>	due by 11:59pm
Sun Jan 23, 2022	 <a href="https://psu.instructure.com/courses/2155942/assignments/13445152">Week 2 Quiz</a> <a href="https://psu.instructure.com/courses/2155942/assignments/13445152">https://psu.instructure.com/courses/2155942/assignments/13445152</a>	due by 11:59pm
Sun Jan 30, 2022	 <a href="https://psu.instructure.com/courses/2155942/assignments/13445151">Assessing Barriers to Physical Activity</a> <a href="https://psu.instructure.com/courses/2155942/assignments/13445151">https://psu.instructure.com/courses/2155942/assignments/13445151</a>	due by 11:59pm
Sun Feb 6, 2022	 <a href="https://psu.instructure.com/courses/2155942/assignments/13445149">Week 4 Quiz</a> <a href="https://psu.instructure.com/courses/2155942/assignments/13445149">https://psu.instructure.com/courses/2155942/assignments/13445149</a>	due by 11:59pm