

# HHPA 172 : SNOWBOARDING III-COMPETITIVE FREESTYLE RIDING

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## Transcript title

Snowboarding III-Freestyle

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Focuses on freestyle techniques for advanced riders. Emphasis of instruction is on freestyle maneuvers, including straight airs, 180's, and straight airs with grabs, as well as etiquette when riding in the half-pipe, slope-style facilities and natural freestyle terrain. Equipment must be provided by the student.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of snowboarding to develop overall physical fitness and enhance sports activities.
3. Summarize the skier/snowboarder responsibility code and practice it throughout the class and anytime skiing or snowboarding.
4. Develop a core of fundamental freestyle skills.
5. Explain progressions as they relate to freestyle skill development.

## Content outline

Introduction of Snowboarding III and equipment Skill assessment  
Mountain safety and terrain tactics

## Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

## General education/Related instruction lists

- Health