

# HHPA 178 : SKI ALPINE I

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## Transcript title

Ski Alpine I

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Designed for beginning downhill skiers. Learn the fundamentals of skiing with qualified instructors. 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 alpine skiing to develop overall physical fitness and enhance sport activities.
3. Practice the skier/snowboarder responsibility code throughout the class and whenever skiing.
4. Demonstrate proper techniques used to safely navigate varied terrain.

## Content outline

Introduction of Ski Alpine I 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