

# HHPA 179 : SKI ALPINE II

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## Transcript title

Ski Alpine II

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Designed for intermediate to advanced alpine skiers. Provides instruction to enhance current ski skill level. Equipment, including helmet, 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 skiing to develop overall physical fitness and enhance sports activities.
3. Explain the skier / snowboarder student code and practice it while in class and anytime skiing or snowboarding.
4. Demonstrate moderate to advanced ski techniques over varied terrain.

## Content outline

Introduction of Ski Alpine II 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