

**Tompkins Cortland Community College**  
**Master Course Syllabus**

**Course Discipline and Number: FITN 109**  
**Course Title: Skiing and Snowboarding**

**Year: 2024-2025**  
**Credit Hours: 1**

**Attendance Policy:** *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

**Services for Students with Disabilities:** *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

### **Course Description**

Covers skiing and snowboarding instruction for all levels from the beginner to the advanced. Classes are held at Greek Peak. Additional fee required. Prerequisites: Prior completion or concurrent enrollment in ENGL 099 and RDNG 099 if required by placement testing. 1 Cr. (2 Lab.) Spring semester.

### **Course Context/Audience**

This course may be used to satisfy a FITN elective, for students interested in learning how to ski or snowboard and for students seeking to improve their skiing and snowboarding skills. The skills learned and demonstrated as a result of completing FITN 109 may provide access to advanced levels of training and employment opportunities within the snow sport industry.

This course will require additional fees that will be published in the course outline. The Greek Peak program fee will be paid to the ski area prior to receiving guest services and will cover your lift ticket, and program instruction fees. Fees are also explained in the ski area brochure and college student group discounts rates are available. Discounted pre-season student season passes are a very attractive option prior to October. All personal ski/snowboard equipment used must be safe, functional and will be inspected by the ski area rental shop services. Old, outdated equipment is not acceptable. Students can rent skis/snowboards for an additional cost.

Class ability levels provide each skier/rider the appropriate learning environment in order to be safe and have fun while learning in a controlled class setting. A physical exam prior to beginning any exercise program is strongly recommended. All students will learn not to challenge themselves beyond their ability level in trails selected. Snow and weather conditions are constantly changing. Students will learn to make decisions regarding their safety in the sport while at the same time, maximize their enjoyment level. Pre-season physical conditioning is a great investment prior to participation in any sport, particularly prior to skiing and snowboarding.

### **Basic Skills/Entry Level Expectations**

**Writing:** W1 Student should have prior completion or concurrent enrollment in ENGL 099 (if needed by placement testing).

**Math:** M0 Course requires very little or no math.

**Reading:** R1 Prior completion or concurrent enrollment in RDNG 099 if required by placement testing.

## Course Goals

1. To provide a safe learning atmosphere in all class settings and supervised practice sessions which will address the individual needs of all students.
2. To provide students with light to moderate exercise in order that they can become stronger and more flexible while increasing their endurance level.
3. To provide knowledge and skill instructions that will facilitate further involvement by all students in the sport.
4. To provide information about employment opportunities in the snow sports field.
5. To encourage students to visit other ski areas outside the local area to help students gain confidence while skiing in different settings.
6. To provide opportunities for students to meet and ski with students from other local colleges and universities.
7. To help students gain knowledge about the function of all related rider equipment used in the sport, and policies which serve and protect visitors and guests.

## Course Objectives/Topics

| Objective/Topic  | # Hours  |
|--|----------|
| Review of the resort map of important places and services.   | 1 Hour   |
| The student will demonstrate an understanding of the function of Snow Sport services (ski school and ski patrol) at areas used.  | 1 Hour   |
| The student will be able to explain the function of the Rental Equipment department and visit the service.   | 1 Hour   |
| The student will be able to discuss the various levels of ability in the sport and the cobblestones and milestones which are indicators of progress in skill development.  | 1 Hour   |
| During snow instruction, the student will practice and be able to evaluate skills.   | 30 Hours |
| The student will review his/her progress in the course using grades earned and the performance records sheet, and set new goals in order to continue pursuing excellence in the sport after the course. The Elements of Excellence in Skiing assignment will be the tool used to evaluate progress in the class. | 3 Hours  |
| The student will successfully complete the computer internet assignment  | 1 Hour   |

## General Education Goals - Critical Thinking & Social/Global Awareness

| CRITICAL THINKING OUTCOMES  | HOW DOES THE COURSE ADDRESS THE OUTCOMES<br>(Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes) |
|---|--|
| <p>Students will be able to</p> <ul style="list-style-type: none"><li>➤ develop meaningful questions to address problems or issues.</li><li>➤ gather, interpret, and evaluate relevant sources of information.</li><li>➤ reach informed conclusions and solutions.</li><li>➤ consider analytically the viewpoints of self and others.</li></ul> | Not addressed  |

| <b>SOCIAL/GLOBAL AWARENESS OUTCOMES</b>  | <b>HOW DOES THE COURSE ADDRESS THE OUTCOMES</b><br>(Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)   |
|--|---|
| <ul style="list-style-type: none"> <li>➤ Students will begin to understand how their lives are shaped by the complex world in which they live.</li> <li>➤ Students will understand that their actions have social, economic and environmental consequences.</li> </ul> | <p>Learning in skills classes with other students from other cultures has always been a wonderful attraction in snow sport activities. TC3 students are assigned to classes according to ability level with students from Cornell, Ithaca College, SUNY Cortland, Binghamton, Colgate, and Syracuse Universities. While in class, the student is representing themselves and TC3 to a local and potentially global community.</p> |

### Instructional Methods

A combination of sequentially designed lessons and demonstrations will be used by the instructor(s) to aid students in the development of their knowledge and skills related to skiing and snowboarding. Instructional methods may include: large and small group lectures with ability grouping during lessons, weekly student performance review, videotaping, and/ or snow skier/rider skills analysis.

### Methods of Assessment/Evaluation

| Method  | % Course Grade |
|---|----------------|
| Assignments (on-snow lesson participation and skills practice sessions) | 25 %           |
| Skills performance evaluations [2]                                      | 25%            |
| Special project as assigned by the instructor                           | 25%            |
| Participation and Attendance  | 25%            |

**Text(s)** No textbook required

### Bibliography

[www.psia.org](http://www.psia.org)

[www.aasi.org](http://www.aasi.org)

High-Performance Skiing by John Yacenda & Tim Ross. Human Kinetics ISBN: 0-88011-713-3

### Other Learning Resources

|  |
|--|
| <p><b>Audiovisual</b><br/>Selected current video/DVD material as available through the TC3 Media Center.</p>   |
| <p><b>Electronic</b></p> <ol style="list-style-type: none"> <li>1. <a href="http://www.psia-e.org">www.psia-e.org</a> (Professional Ski Instructors Association)</li> <li>2. <a href="http://www.ussa.edu/sportlinks/sportlinks.asp">www.ussa.edu/sportlinks/sportlinks.asp</a> (United States Academy - America's Sports University.</li> <li>3. <a href="http://www.acsm.org">www.acsm.org</a> (American College of Sports Medicine-ACSM)</li> <li>4. <a href="http://www.webmd.com">www.webmd.com</a> (WEBMD)</li> <li>5. <a href="http://www.cooperfitness.com">www.cooperfitness.com</a> (Cooper Fitness Center)</li> </ol> |
| <p><b>Other</b></p> <ol style="list-style-type: none"> <li>1. Fitness equipment demonstrations offered by the TC3 Fitness Center personnel.</li> <li>2. Computer-assisted instruction through the Baker Center and/or TC3 library personnel.</li> <li>3. Ski and other related sports equipment information and pricing from the Greek Peak store and local sports shops.</li> <li>4. Lectures/demonstrations from instructors and other Greek Peak personnel.</li> </ol>  |