

Tompkins Cortland Community College

Master Course Syllabus

Course Discipline and Number: FITN 166

Course Title: Cross Country Skiing

Year: 2023-2024

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

This course covers the fundamentals of Cross Country Skiing as a lifetime leisure activity including specific techniques, skills, information, and practical experiences. The majority of the class is held outside skiing in the local winter weather. Cross Country Skis and boots are provided; however, students are welcome to use their own personal equipment as well. No previous experience in Cross Country Skiing is necessary. Additional fee required Prerequisite: 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 provides students with necessary outdoor skills in the sport of Cross Country Skiing. It can be used by Outdoor Recreation majors to fulfill an outdoor activity elective requirement. The course emphasizes development of the student's proficiency, competency and leadership abilities in a skill/knowledge area of outdoor recreation. It is open to students in other programs who can use it to fulfill the fitness or towards unrestricted elective requirements for their major. This course is not designed to teach downhill alpine skiing nor snowboarding. A complete health physical by a licensed physician is recommended for all physical activities including this course.

Basic Skills/Entry Level Expectations

Writing:	W1	The student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.
Math:	M1	The student should be taking MATH 090 (if needed). The course requires limited use of very basic mathematical skills.
Reading:	R1	The student should be taking RDNG099 (if needed). The course requires very limited reading of shorter pre-college materials and limited beginning college-level materials that will also be covered extensively in class.

Course Goals

1. Students who complete this course will be able to: identify various models of skis, select the appropriate model of skis for given terrain and snow conditions and compare and contrast different types of ski bindings and boots.
2. Students will understand and be able to apply the following concepts: Dressing in layers in preparation for various weather conditions, prevention and treatment of hypothermia and other skiing related injuries/illnesses, trip planning, proper nutrition for strenuous activities, safe off trail travel, and trail etiquette.

3. Students will be able to explain and demonstrate the proper use and care for equipment that is used for outdoor recreation activities.
4. Students will demonstrate Cross Country Skiing skills include but not limited to, turning, gliding, stopping, changing directions, hill climbing techniques and etc.
5. Students will learn and be able to utilize backcountry navigation techniques.
6. Students will be able to explain the value, meaning, and benefits of cross country skiing in their life, specifically as it relates to their life goals.
7. Students will be able to organize, plan and implement a skiing trip following guidelines set forth in class.
8. Students will demonstrate, practice, and role model the Leave-No-Trace ethics and up-to-date guidelines for outdoor recreation throughout their lives.
9. Students will be able to write emergency action plans for skiing trips and will demonstrate first aid techniques specific to skiing emergencies.
10. Student will demonstrate respect for the communities visited on the class trip.

Course Objectives/Topics

Objective	% Course
Students will learn and demonstrate a set of base cross country skiing skills and techniques. Examples include; First aid for skiers, V stepping, getting up from a fall, diagonal stride (gliding), double pole, hill climbing using herringbone and side steps, descending using half and full wedge/snowplow, wedge turns, side stepping, falling and getting up safely, skiing off trail and etc. Proper posture and rhythm will be demonstrated as well. Concepts of Skate skiing and Telemark skiing will be discussed as well.	20-40%
Students will demonstrate and explain outdoor concepts such as dressing in layers to accommodate exertion during winter activities, prevention and treatment of hypothermia and cold weather injuries, trip planning, proper nutrition for winter activities, safe off trail travel, and trail etiquette.	10-20%
Students will demonstrate proper and ethical backcountry navigation.	10-20%
Students will identify the anatomy of skis and poles and demonstrate proper care and use of specific skiing equipment.	5-10%
Students will plan and participate in a Cross Country skiing trip and several in-class skiing experiences.	20-50%
Students will learn, apply and promote outdoor recreation ethics.	10-20%

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (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"> ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others. 	<p>The inherent nature of this class is for students to learn material in class, combine this new information with past experiences and knowledge, and apply this new understandings and philosophies within a fieldwork exercises. During their fieldwork (trips), they will apply the information learned experientially while problem solving difficult situations.</p>

SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (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"> ➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences. 	<p>Students will work and participate in small groups, in the classroom and on their trips. To succeed in these social environments, they must understand their own perspective as well as be willing to learn from others in their small group. Living, working and participating in a small group setting in the outdoors, a student can appreciate the teamwork and group effort necessary to complete their goals skiing and rely on the group to fulfill basic human needs.</p> <p>While Skiing it is required that as the student gains skills and knowledge of the outdoors, they will subscribe to and follow basic minimum guidelines of environmental stewardship, outdoor and Leave No Trace ethics.</p>

Instructional Methods

Appropriate instructional activities/methods include in class exercises, group field experience (Skiing trip, navigation, and in-class group work.

Methods of Assessment/Evaluation

Method	% Course Grade
Written Reports, Research and Presentations Students will work together in groups, research and present information about a topic related to snowshoeing. Example topics, equipment, history of skiing, long distance skiing, Leave-No-Trace, other philosophies and various skills.	15-35%
Projects: Example: Plan and organize several skiing trips.	10-25%
Final exam: Comprehensive	10-25%
Outdoor Recreational Activity Skills Development Demonstrate working knowledge of fundamental cross country skiing skills	10-25%
Outdoor Cross Country Ski trips Examples: Weekly and/or weekend skiing trips	30-50%
NOTE: The course instructor, with approval of the program chair, can make changes to evaluation methods.	

Text/Required Materials

Hindmand, S. (2005) Cross Country Skiing: Building Skills for Fun and Fitness. The Mountaineers Books, Seattle, WA

OR

Peterson, P. & Lovett, R.A. (2000) The Essential Cross-Country Skier, A Step-By-Step Guide. Ragged Mountain Press, Camden, ME.

And/Or

Ehling, W.P. (1995) 50 hikes in Central New York: Hikes and backpacking trips from the Western Adirondacks to the Finger Lakes, 2nd Ed. Backcountry Publications, Woodstock, Vt.

All necessary cross country skiing equipment will be furnished, but if students have their own equipment they are welcome to bring it. Students are responsible for providing appropriate clothing, food and a 1-liter water bottle. A list of additional clothing, equipment, and food to bring on the trips will be provided.

Various trail maps based on location of trips.

Bibliography

Ehling, W.P. (1995) 50 hikes in Central New York: Hikes and backpacking trips from the Western Adirondacks to the Finger Lakes, 2nd Ed. Backcountry Publications, Woodstock, Vt.

Goldenberg, M. and Martin, B. (2008) Hiking and backpacking. Champaign, IL. Human Kinetics

Jensen, C. R., and Guthrie, S. P. (2006) Outdoor Recreation in America, 6th edition. Champaign, IL. Human Kinetics.

Prouty, D., Panicucci, J. and Collinson, R. (2007) Adventure Education: Theory and applications. Champaign, IL. Human Kinetics.

Kosseff, A. (2003). AMC Guide to Outdoor Leadership. Boston Massachusetts, Appalachian Mountain Club Books.

Steven M. Cox, Kris Fulsaa (2003) Mountaineering: The freedom of the hills. Seattle WA. The Mountaineers.

Other Learning Resources

Audiovisual

DVD: Soft Paths: How to enjoy the wilderness without harming it, National Outdoor Leadership School.
Cross Country Ski Videos – As needed.

Electronic

TOPO USA, NY State base Topographical maps DVD Rom.

Other

Various Outdoor equipment and supplies.
Various Trail maps.
Transportation resources.