

ADIRONDACK COMMUNITY COLLEGE  
ADVENTURE SPORTS:  
LEADERSHIP AND MANAGEMENT

**COURSE:** PED 124 Skiing I

**COURSE DESCRIPTION:**

A technical skills and knowledge development course for beginner to intermediate alpine skiers, this course will focus on the fundamentals of skiing and mountain safety with particular emphasis on acquisition and application of skills. The course content will follow Professional Ski Instructor's Association (PSIA) Stepping Stone guidelines for beginning ski instruction and will include use and maintenance of equipment, code of conduct, skiing under control, and ski movements.

**PREREQUISITE:** None

**CREDIT HOURS:** Lecture: 1 hr. Lab: 1 hr. Credit: 1 hr.

**COURSE OBJECTIVE:** Students will:

1. experience alpine skiing techniques on beginner terrain
2. develop a kinesthetic awareness of alpine skiing movement technique
3. perform basic alpine skiing movement, techniques, safety skills, skiers responsibility code, and riding chair lifts properly including loading and unloading
4. interpret the mountain and alpine environment and apply environmental ethics
5. demonstrate the use of equipment and technology
6. understand thermoregulation, physiology, and nutrition in the aquatic environment

**COURSE TEXTS:**

Course Packet

**COURSE CONTENT:**

- I. Introduction
  - A. Risk Mitigation and Safety Management
  - B. History
  - C. Skiers Responsibility Code
  - D. Mountain environment characteristics
  - E. Ski Area Signage and Trail Designation System
  - F. Equipment review and design
- II. Equipment
  - A. Ski Design
  - B. Boot Mechanics
  - C. Binding Function and DIN Setting
  - D. Poles
  - E. Ski Lifts
  - F. Thermoregulation, physiology, and nutrition in the aquatic environment
- III. Safety Considerations
  - A. Hypothermia
  - B. Frost Bite
  - C. Dehydration
  - D. Inherent Risk
  - E. Hazard assessment
  - F. Terrain

- IV. Skiing Movement and Skills
  - A. Balance and Stance
  - B. Edging Movements
  - C. Rotary Movements
  - D. Pressure Movements
  - E. Blending Movements
- V. Evolution of the Skills Concept
  - A. Movements
  - B. Ski Performance
  - C. Demands of the Terrain or Task
- VI. Visual Cues to Effective Skiing
  - A. BERP
- VII. Visual Cues to Ineffective Skiing
  - A. BERP
- VIII. Review, Reflection, and Assessment
  - A. Skiing progression
  - B. Safety Considerations
  - C. Service Learning Project
  - D. Environment

**ADDITIONAL RESOURCES:**

Professional Ski Instructors of America. Alpine Technical Manual. Lakewood, CO: Sprint Press, Inc. 2002.

Professional Ski Instructors of America. Core Concepts for Snowsports Instructors. Lakewood, CO: Sprint Press, Inc. 2001

**ADDITIONAL INFORMATION:**

With or without reasonable accommodation, all students must be able to:

- Navigate difficult and varying terrain in the mountain, aquatic, challenge course, and alpine environments.
- Lift and carry heavy loads that often exceed 50lbs. over difficult and strenuous terrain.
- Walk, paddle, climb, and hike long distances carrying substantial weight.
- Assist in rescue efforts which may include lifting, climbing and carrying substantial weight over difficult and varying terrain.

Under Section 504 of the Rehabilitation Act of 1973, a post-secondary student with a disability who is in need of academic accommodations or auxiliary aids is required to notify the College of the nature of the disability and to provide appropriate documentation which supports the request for reasonable accommodations or auxiliary aids.

Individuals who would like to self-identify with a disability (and have not already) or think they may have a disability and want to request accommodations should contact the Office of Accessibility Services directly in Warren Hall, or call 743-2282 / (TTY) 743-2323 for an appointment.