

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: PED 174 Intermediate Alpine Skiing

COURSE DESCRIPTION:

An advanced skills and knowledge development course for intermediate to expert alpine skiers, students will be introduced to the foundations of ski instruction. This course will expand upon PED 124 and will focus on the technical aspects and core concepts of intermediate to advanced alpine skiing. The course content will follow the Professional Ski Instructor's Association (PSIA) guidelines for intermediate to expert ski instruction and will include ski movements, ski performance, and demands of the terrain.

PREREQUISITE: PED 124, PED 144 or Instructor Permission

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

COURSE OBJECTIVE: Students will:

1. experience skiing techniques in varying terrain and conditions
2. develop a kinesthetic awareness of skiing movement and technique
3. perform intermediate to advanced alpine skiing movements and techniques, safety skills, and skiers responsibility code
4. interpret the alpine and mountain environment, skiing history 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. Equipment Care and Maintenance
 - G. Thermoregulation, physiology, and nutrition in the alpine mountain environment

- III. Safety Considerations
 - A. Hypothermia
 - B. Frost Bite
 - C. Dehydration
 - D. Inherent Risk
 - E. Hazard assessment
 - F. Terrain and Topography
- IV. Advanced 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. Skills Concepts on Varying Terrain and Conditions
 - A. Groomers
 - B. Glades
 - C. Steps
 - D. Moguls
 - E. NASTAR Course
- VII. Visual Cues to Effective Skiing
 - A. BERP
- VIII. Visual Cues to Ineffective Skiing
 - A. BERP
- IX. 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.