

ADIRONDACK COMMUNITY COLLEGE
ADVENTURE SPORTS:
LEADERSHIP AND MANAGEMENT

COURSE: PED 144 Snowboarding I

COURSE DESCRIPTION:

A technical skills and knowledge development course for beginner to intermediate snowboarders, this course will focus on the fundamentals of snowboarding and mountain safety with particular emphasis on acquisition and application of skills. The course content is consistent with American Association of Snowboard Instructors (AASI) Movement and Performance Concepts for beginning snowboard instruction and will include use and maintenance of equipment, code of conduct, riding under control, and the combination of body movements to effect snowboard movements.

PREREQUISITE: None

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

COURSE OBJECTIVE: Students will:

1. experience snowboarding techniques on beginner terrain
2. develop a kinesthetic awareness of snowboarding movement and technique
3. perform basic snowboarding movement, techniques, safety skills, 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 alpine environment

COURSE TEXTS:

Course Packet

COURSE CONTENT:

- I. Introduction
 - A. Risk Mitigation and Safety Management
 - B. History
 - C. Riders Responsibility Code
 - D. Mountain environment characteristics
 - E. Mountain Signage and Trail Designation System
 - F. Equipment review and design
- II. Equipment
 - A. Board Design
 - B. Boot Mechanics
 - C. Binding Function and Setting
 - D. Chair Lifts
 - E. 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. Snowboarding Terminology
- V. Snowboarding Movement Concepts
 - A. Rotation
 - B. Flexion/Extension
- VI. Snowboarding Performance Concepts
 - A. Pressure Distribution
 - B. Rotation
 - C. Edge Angle
 - D. Torsional Flex
- VII. Evolution of the Skills Concept
 - A. Movements
 - B. Performance
 - C. Demands of the Terrain or Task
- VIII. Reference Alignments
 - A. Front Foot
 - B. Board/Terrain
 - C. Center of Mass
- IX. Review, Reflection, and Assessment
 - A. Snowboarding progression
 - B. Safety Considerations
 - C. Service Learning Project
 - D. Environment

ADDITIONAL RESOURCES:

American Association of Snowboard Instructors. AASI Snowboard Movement Analysis Handbook. Lakewood, CO: Sprint Press, Inc.

American Association of Snowboard Instructors. AASI Snowboard Manual. Lakewood, CO: Sprint Press, Inc.

Ski Instructors of America – American Association of Snowboard Instructors. Core Concepts for Snowsports Instructors. Lakewood, CO: Sprint Press, Inc.

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.