

ADIRONDACK COMMUNITY COLLEGE  
ADVENTURE SPORTS:  
LEADERSHIP AND MANAGEMENT

**COURSE:** PED 154 Snowboarding II

**COURSE DESCRIPTION:**

An advanced skills and knowledge development course for intermediate to expert snowboarders; students will be introduced to the foundations of snowboard instruction. This course will expand upon PED 144 and will focus on the technical aspects and tactical concepts of intermediate to advanced snowboarding. The course content will follow the American Association of Snowboard Instructors (AASI) Movement and Performance Concepts guidelines for intermediate to expert snowboard instruction and will include snowboard and body movements, snowboard performance, and demands of the terrain.

**PREREQUISITE:** PED 144 or PED 124 or Instructor Permission

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

**COURSE OBJECTIVE:** Students will:

1. experience snowboarding techniques in varying terrain and conditions
2. develop a kinesthetic awareness of snowboarding movement and technique
3. perform intermediate to advanced snowboarding movements and techniques, safety skills, and responsibility code
4. interpret the alpine and mountain environment, snowboarding history 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. Advanced Snowboarding Movement Concepts
  - A. Rotation
  - B. Flexion/Extension
- VI. Advanced 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. The “Y” Model
  - A. Freestyle
  - B. Freeride
  - C. Carving
- IX. Skills Concepts on Varying Terrain and Conditions
  - A. Groomers
  - B. Glades
  - C. Steps
  - D. Moguls
  - E. NASTAR Course
- X. Reference Alignments
  - A. Front Foot
  - B. Board/Terrain
  - C. Center of Mass
- XI. 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.