

Ski/Snowboard Frequently Asked Questions for Students

Emailing your Instructor (PECKEL@APPSTATE.EDU)

Include your full name, banner ID, course name, course number, section number, day/time.

Syllabus Example

[RMPE Department Website](#)

AsULearn

AsULearn pages will be visible in the first week of November. Select "Future" from the dropdown menu.

Course Information

Seven class meetings are scheduled. We plan to meet six times total.

If no meetings are cancelled (weather, etc.) the final date will be cancelled.

The first class meeting is scheduled on campus.

The remaining class meetings are on the slopes at [App Ski Mountain](#).

CLASS DAY	ON CAMPUS Varsity Gym	Class Meeting Dates ON THE SLOPES					
		App Ski Mt.					
Mondays (Sec 111, 112, 113)	Jan 12th Varsity Gym	Jan 26th	Feb 2nd	Feb 9th	Feb 16th Skill Assess.	Feb 23rd Skill Assess.	Mar 2nd If needed due to class cancellation
Tuesdays (Sec 121, 122, 123)	Jan 13th Varsity Gym	Jan 20th	Jan 27th	Feb 3rd	Feb 10th Skill Assess.	Feb 17th Skill Assess.	Feb 24th If needed due to class cancellation
Wednesdays (Sec 131, 132, 133)	Jan 14th Varsity Gym	Jan 21st	Jan 28th	Feb 4th	Feb 11th Skill Assess.	Feb 18th Skill Assess.	Feb 25th If needed due to class cancellation
Thursdays (Sec 141, 142, 143)	Jan 15th SRC AG	Jan 22nd	Jan 29th	Feb 5th	Feb 12th Skill Assess.	Feb 19th Skill Assess.	Feb 26th If needed due to class cancellation

PE 1873 Alpine Skiing

PE 1874 Intermediate Alpine Skiing

PE 1876 Alpine Snowboarding

PE 1877 Intermediate Alpine Snowboarding

Sections 111/121/131/141

3:45 PM-7:15 PM (Lesson 5:00-6:00pm)

Sections 112/122/132/142

5:00 PM-8:30 PM (Lesson 6:15-7:15pm)

Sections 113/123/133/143

6:15 PM-9:45 PM (Lesson 7:30-8:30pm)

Q: I'm trying to decide if I should sign up for Skiing, but I do not have much experience. Can you tell me about the course design and requirements?

A: Skiing/Snowboarding begin day 1 on campus. We will complete the fitness assessments to give you information about your current level of Health-Related Fitness. The remaining 5 course meetings and lessons take place at App Ski Mt on the slopes. Students are broken into groups by skill level. It is totally ok to have never skied, the instructors will work with you to improve from wherever you are. Our goals are to help you identify ways you can build skill, fitness, and knowledge.

Students also complete online wellness modules, which cover basic health information, and complete a ski or snowboard exam.

Q: Lesson levels.

Please complete the skill questionnaire when it is sent to you.

We do our best to sort 1250 students into groups of ~10 students with similar skill levels.

A: Alpine Skiing/Alpine Snowboarding are beginner courses. Know that if you are advanced, but sign up for the beginner course, you will be working on beginner skills.

A: Intermediate course students must be comfortable with riding the lift. Students who cannot ride the lift cannot remain in the Intermediate courses and will be marked absent/dropped.

Q: Will we ride in the terrain park during class?

A: Unfortunately, the terrain park is beyond the scope of these courses. Students in AppState Ski/Snowboard courses should not use the terrain park during class.

Auditing

<https://registrar.appstate.edu/resources/forms>

Students may audit any PE course. Audits do not earn credit and may effect financial aid, etc. Audit forms must be emailed to the PE Director (Edgar Peck-PECKEL) prior to the start of the semester (drop/add period). All fees remain the same. Audits do not receive a grade/credit. The grade will appear as AU on transcript. Students who are auditing a course do not have to complete course assignments. However, they must participate in course activities during class time and adhere to the student code of conduct.

Overriding the Course Capacity/Changing Course-Section

If the courses are capped at 0, registration for these courses has ended.

<https://registrar.appstate.edu/> (search for classes by term)

Q: I wanted to ask if there could be an opportunity to override the cap on your Thursday skiing class.

A: We do not override the caps for these courses. However, students do sometimes drop. Check the registrar's website often, you might see a spot open. Check the last day to add a first half course on the registrar's website. If it is before that date and there is an open space, you can alter your schedule.

Q: I wanted to ask if would allow me to add the Tue 3:45pm Skiing course. I know the deadline to add has passed, but I really want to take this course.

A: We do not add students to PE courses after the deadline to add has passed. Check the last day to add a first half course on the registrar's website. If it is before that date and there is an open space, you can alter your schedule. If the course you want is full check the registrar's website often, you might see a spot open. If you do not find a spot this semester, I hope you are able to register next year.

Q: I registered for the skiing course at 3:45pm, but I was wondering if I could switch courses to 6:15pm?

A: We do not switch students after early registration. Check the last day to add a course on the registrar's website. If it is before that date and there is an open space, you can alter your schedule. If the course you want is full check the registrar's website often, you might see a spot open up. <https://registrar.appstate.edu/>

Q: I have signed up for beginning skiing, but I am a really good skier. I would like to switch to the intermediate course.

A: We do not switch students after early registration. Check the last day to add a course on the registrar's website. If it is before that date and there is an open space, you can alter your schedule. Students are grouped by ability in every class, hopefully that helps you get the most out of your course/lesson.
<https://registrar.appstate.edu/>

Transportation

There are a limited number of seats available for round trip van transportation from campus to App Ski Mt.

Times

Sections 111, 121, 131, 141

Vans leave AppState at 3:15pm/leave App Ski Mt. at 7:30pm.
Class starts at 3:45pm.

Sections 112, 122, 132, 142

Vans leave AppState at 4:30pm/leave App Ski Mt. at 8:45pm.
Class starts at 5:00pm.

Sections 113, 123, 133, 143

Vans leave AppState at 5:45pm/leave App Ski Mt. at 10:00pm.
Class starts at 6:15pm.

Appalcart

If you are enrolled in courses with later timeslots, please review the Appalcart schedule if needed. For example, sections 113, 123, 133, 143 vans do not arrive back on campus until about 10:20pm.

<https://www.appalcart.com/route-maps-and-schedules>

Q: What days do I have the best chance to get a seat on the van?

A: The least van requests are Mon sec 112/113, Tue sec 123, Wed sec 131, Thu sec 141/142.

Q: Can we leave equipment in the AppState vans?

A: You cannot leave items in the AppState vans because they are picking up the next group of students after they drop you off.

A: Students can bring their own equipment on the AppState vans. Try sliding it under the seats from the back.

Q: There are no more seats available for van transportation to the slopes. I do not have a car.

A: Try posting in the Ride Share Forum on the AsULearn page and see if you can find someone to share a ride with. You can also start asking everyone you know to see who else might be driving. You can also ask other students in class day 1 on campus (if you consider this option note the last day to drop without penalty on the academic calendar-AsULearn page/Registrar's website).

Q: I'm currently having a dilemma with transportation. I have a class on campus from 3:30-4:45, and I intended on taking the 4:30 van but, I just realized while looking at my schedule that wouldn't be possible. I see there is a 5:45 bus but it says on the AsULearn website that my section must take the 4:30 bus. I don't have a car here and neither do any of my friends in the course. I was emailing if you know what I could do to resolve this situation.

A: We do not switch students after early registration. Check the last day to add a first half course on the registrar's website. If it is before that date and there is an open space, you can alter your schedule. If the course you want is full, check the registrar's website often, you might see a spot open. If you need to drop, ensure you note the last date to drop on the Registrar's Academic Calendar. <https://registrar.appstate.edu/>.

App Ski Mt. Online Sign Ups (App Ski Mt. RFID Slope Pass, Van Transportation)

Q: I'm trying to register for the snowboarding class via the link you sent out for the online sign up in a previous email and I'm having trouble completing it. I keep trying to submit the class information and it asks for me to select a transportation type, which there is nothing there for me to select.

A: I am sorry the website is not working correctly. Email your instructor (PECKEL) ASAP.

Q: Do I need to sign up online for class/RFID pass each week?

A: No. Students only need to sign up one time online. You will receive your RFID card at the slopes on day 1 will all class dates loaded on it.

RFID Card/Slope Tickets

Q: The RFID sign up website gave me a pickup time for Jan 18th; do I need to pick it up then?

A: No. Ignore the pickup date. You will pick up your RFID card on your first class day at the slopes.

Q: I just wanted to confirm that even though my order with the ski lodge gives me the pickup time for the 18th, is this valid for all the course meetings?

A: Students only need to sign up with App Ski Mt. online one time. The RFID (electronic slope pass) will work for every on slope meeting date of the course. Ignore the pickup date. You will pick up your RFID on the first slope day.

Q: I lost my RFID card.

RFID replacement cards are available at the Special Services desk in the lodge at App Ski Mt. for a fee.

Q: Are the slope passes we purchased for the course only valid on those days?

A: The slope passes you signed up for online are linked with the AppState course and are only valid on class meeting dates during class meeting times. I would talk to other students in your class and link up to go on other dates as much as you can if you enjoy it. Check for lower priced tickets for evenings and 1/2 days or specials some days of the week.

Parking

Q: I signed up for parking online, but never received a confirmation email.

A: Students receive a confirmation email from the original order (check your spam folder). Students should receive another confirmation email the day before arrival each week. The parking office can also pull up the parking information on site with just a last name and/or order ID and see that you have paid for parking.

Refunds

Q: Fee refunds.

A: Students can receive a refund if requested before the first day of the semester. Email your instructor.

Q: Will part of the equipment fee be refunded if there are less than five meetings on the slopes?

A: The equipment fee is for the course whether than entails five meeting, or less. It is not per date and will not be refunded. We plan seven meetings in most semesters, with the goal to meet five times on the slopes, but due to circumstances beyond our control, there may be less meetings on the slopes.

Equipment

Students can use their own equipment.

Equipment is also available to rent during the RFID sign up.

Rental equipment is picked up from the App Ski Mt Lodge on the lower level.

Rental equipment is picked up prior to each class meeting and returned at the end of the class.

Skis/Snowboards

Students can rent skis/snowboards for one fee for the entire course through the FSSC online sign-up system.

Skis/Boots/Poles-approximately \$75 total (for all class meetings).

Snowboards/Boots-approximately \$120 total (for all class meetings).

Helmets

Helmets are provided free of charge.

Helmets are recommended, but students are not required to wear a helmet. Regardless of your ability - whether you'll be performing freestyle tricks or not, a low-speed back slip on the back of your head can cause serious head injury. Although there's little doubt about the importance of wearing a Helmet, keep in mind that wearing a Helmet while Snowboarding/Skiing does not make you invincible. Helmets are certainly expected to be of benefit in more minor impacts, glancing blows and other similar mishaps.

Clothing

Students can also rent clothing like jackets, bibs/pants, gloves and goggles at App Ski Mtn in person located in the back of the gift shop. More information in the Frequently Asked Questions.

Note that if you need to rent clothing arrive extra early to go through the rental process and receive your clothes before your class time.

Slope/Lift Tickets

Lift tickets are included in your course (RFID card). Students DO NOT need to purchase a lift ticket.

Cashless Sales

App Ski Mt has moved to cashless sales. Credit cards as well as google/apple pay are accepted for most items. There are also reverse ATMs available that issue prepaid credit cards at no cost.

If you have questions, please read the syllabus and check the Frequently Asked Questions at the top of this page before emailing your instructor.

Q: How should I dress for ski/snowboard class?

A: Wear several layers rather than 1 thick coat. This allows you to take off or add layers to regulate your temperature. You will likely want a hat and gloves. Bring a shell/raincoat if you have one. You may also want a change of clothes if you get wet. Read more in the course notes on AsULearn.

Q: How can I rent clothing.

Clothing can be rented at the slopes in the lodge.

Note that clothing rentals are per day, not for the duration of the course.

Q: I only need boots. Do I have to rent the skis and poles as well?

A: Students cannot rent individual ski/snowboard items.

Q: Can we use the rental equipment on other days of the week?

A: The equipment rental only applies to class meeting dates.

Q: If I did end up getting my own board and everything can cancel my rental?

A: Equipment fees are not refunded after the first day of the semester. We are glad to hear you are enjoying it so much you are considering purchasing your own equipment.

Q: Would it be worth it to invest in my own equipment through the rest of class and season?

A: If you have your own equipment, you should use that in class, so you get more familiar with it. It would be worth purchasing your own equipment if you plan to go outside of class time and in future years.

Q: Are there any lockers available at App Ski Mt?

A: Yes. There are lockers for a fee or free cubbies (lower level). The full-sized locker will hold multiple skis/boards. Students could share. Folks report using the cubbies without issue, but of course there is no guarantee, and students have had gear stolen.

Fitness Assessments (Body Composition) (completed on campus week 1)

Q: Due to my history, tracking my weight is not healthy for me. Therefore, I do not feel comfortable doing the body composition portion of the fitness testing. What should I do for that component?

A: Talk with your instructor in class on day 1 so that we can talk about accommodations. You can enter 0 and make a brief note on your recording sheet about why.

We include this information because nutrition and weight management are important health concepts. We would be doing students a disservice by not teaching them about healthy weight management. Avoiding difficult issues will not help students learn to cope with triggers, in this case, improving their ability to work toward a healthy relationship with nutrition and weight management.

Body Mass Index (BMI), a calculation of body mass divided by the square of the body height, is a standard measure of body composition. Individuals with high muscle mass do weigh more for their height and are thus susceptible to a "false positive" for being overweight. However, for most individuals a high BMI does correlate with increased risk of diseases like heart disease, cancer, and diabetes. In class we also sometimes use handheld body fat analyzers. These are also not perfect, but do provide information that can help students reflect on how body composition is related to health.

In addition, life and especially college can be stressful. I encourage you to reach out for support. There are many resources on campus.

Division of Student Affairs

Counseling & Psychological Services

Parent and Family Services

<https://studentaffairs.appstate.edu/>

<https://counseling.appstate.edu/>

<https://parents.appstate.edu/pagesmith/119>

Attendance

Q. Where do I check in?

Attendance is taken using your RFID card (tracks your time on the slopes), and by your instructor in your on the slopes lesson. Check in directions are on the AsULearn page (with pictures).

Q: Can I make up attendance points if I miss class?

A: Students cannot make up any attendance points or absences

Q. Will we meet for the entire class time?

A: Yes, you are required to attend your lesson, and practice on the slopes before and after your lesson. Students who arrive late or leave early will be penalized. Please read your syllabus and AsULearn.

Sections 111/121/131/141

3:45 PM-7:15 PM (Lesson 5:00-6:00pm)

Sections 112/122/132/142

5:00 PM-8:30 PM (Lesson 6:15-7:15pm)

Sections 113/123/133/143

6:15 PM-9:45 PM (Lesson 7:30-8:30pm)

Q: I had my wisdom teeth removed, and I cannot participate in the fitness assessments day 1.

A: Hope you feel better soon. If you cannot complete the fitness assessments you will lose points, but it sounds unavoidable. You can see how your grade is calculated on the syllabus.

Q: What should I do if I need to miss class?

A: Please read the attendance section of the syllabus closely and make note of the last day to drop (<https://registrar.appstate.edu/>) in case you need to drop to avoid earning a low grade or "F". The class meeting schedule table is posted on AsULearn.

If injury/illness is the reason you need to drop, contact Student Health Services, and request a Medical Withdrawal from the course, which will not count as a career drop. To request a Medical Withdrawal, sign into the Student Health Medportal and send a message detailing that you are requesting a Medical Withdrawal because you cannot continue in your PEA course due to a medical/illness reason. Include the course number, course section, course name and course credit hours. Sending a message in the portal will create an electronic record. <https://healthservices.appstate.edu/>

If your absence is related to an unavoidable cause (ex. death) and you need to drop this course, please contact Edgar Peck, PE Director (peckel@appstate.edu).

Q: If Appalachian State cancels classes, will the ski/snowboard courses still be held? What if classes after 6pm are canceled?

A: If AppState cancels classes, all classes are canceled, including ski/snowboard. If classes after 6pm are canceled, ALL ski/snowboard classes are canceled.

Q: It might rain tomorrow. Will we still have class?

A: Class will be held as normal, even if it rains. If there is lightning, there might be a delay, but that would happen on site, not in advance.

Q: I was incorrectly marked absent for the last class meeting.

Please check your attendance record on AsULearn often. If you think this was marked in error, email your instructor (PECKEL). Describe the error, include your banner ID, course name, number, section, day/time, and your on the slopes lesson instructor's name. Include a picture of yourself in the lesson with the lesson teacher. Attendance records are not changed after two weeks.

Accidents/Medical

Q: What if I have a medical condition my instructor should know about.

A: Please notify your instructor on the slopes and your course instructor (PECKEL). This information will be kept confidential.

Q: What should I do if I have an accident in class?

A: Any student who experiences an accident during class time should report that accident to ski patrol/first aid station. This applies even if you do not believe you are injured. If you are injured, contact Ski Patrol before leaving class. They can assist you in receiving care and making decisions about your health and safety.

Mental Health Issues

Q: I know I should've emailed you much sooner, I've just been struggling with some mental health issues. Is there a way I can make up the work and classes that I have missed?

A: I am sorry to hear that. Life and especially college can be stressful. Students cannot make up attendance points or absences. The late work policy is in the syllabus. I encourage you to reach out for support. There are resources on the syllabus and at the Dean of Students office.

There are many resources on campus. We set up due dates to help you manage your time and develop responsibility. If you find yourself behind always reach out to your teachers in advance of the due date to request an extension or discuss options.

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Wellness Literacy Assignment

Q: I do not know where to find the code for the Wellness Literacy modules.

A: Please read over the Wellness Literacy portion of the syllabus.

Q: I have already taken 2 PE courses and completed all 6 wellness literacy modules. Am I still required to purchase the code again to verify that they are all complete?

A: Please read the Wellness Literacy section of the syllabus closely. You do not need to repurchase or redo the modules. You do need to upload your progress report to AsULearn.

Q: The WL modules website is not working correctly so I cannot turn in my modules.

A: If you continue to have technical issues try to change your browser (try Chrome) or email tech support. Be as specific as possible (which module is giving an error, what part of the module, etc.). Email your instructor and request an extension. ASUsupport@kendallhunt.com

Q: I purchased my access code online several weeks ago through the AppState Bookstore; however, I still have not received my code.

A: The AppState bookstore does not mail/email codes. Students must pick up the code in person. You can also purchase access to the text directly on the website for instant access. Please read the Wellness Literacy section of the syllabus.

Q: I am currently doing the modules and I took the pretest but it's still saying I haven't and won't let me take the post test on module 5. I'm not sure what to do or how to finish them.

A: If you continue to have technical issues try to change your browser (try Chrome) or email tech support. Be specific as possible (which module is giving an error, what part of the module). ASUsupport@kendallhunt.com

Q: The Nutrition/Weight Management module triggered my eating disorder.

A: Do your best to get through the material and garner the information that is valuable to you. If you are uncomfortable with entering your information in the PDA you can skip it by simply entering 0s. The Weight Management module is no longer required, but may be valuable to some students.

However, if you feel able, please work through as much of the material as possible. Nutrition and weight management are important health concepts. We would be doing students a disservice by not teaching them about healthy weight management. Avoiding difficult issues will not help students learn to cope with triggers, in this case, improving their ability to work toward a healthy relationship with nutrition/weight management.

Body Mass Index (BMI), a calculation of body mass divided by the square of the body height, is a standard measure of health risk associated with body composition. Individuals with high muscle mass do weigh more for their height and are thus susceptible to a "false positive" for being overweight. However, for most individuals a high BMI does correlate with increased risk of diseases like heart disease, cancer, and diabetes.

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Late Assignments

Q: I want to request an extension for this assignment.

A: If you need help, email your instructor. Extensions are sometimes granted when requested before the due date, but not after. Assignments can be turned up to 1 week after the due date for 50% credit. The full late work policy is listed in the syllabus.

Q: I see an assignment was due yesterday. Is there any way I can turn it in still and receive partial credit?

A: Yes. See the late work policy in the syllabus. You can turn it in for 50% credit no later than 1 week after the due date.

Q: I was looking at my grade for my class and I saw that I had only received half credit for the Fitness Assessment Assignment.

A: Check your syllabus. It could be that your assignment was turned in late. Late work earns 50% credit. If you have questions email your instructor (include full name, banner ID, course name, number, section, day/time). We do want you to understand your grade.

Grades

Q: Will you be offering any opportunities for extra credit?

A: If you complete the assignments on time during the semester, you will do well in this course. There will not be any opportunities to receive extra credit. Instead, please focus your time and energy into completing the assignments to the best of your ability. The late work policy and due dates are outlined in the syllabus.

Q: I don't see the assignment/grade information on the AsULearn page.

A: Please read the syllabus closely. It contains all assignments and class policies.

Q: I cannot see my exam grade, so I do not know whether to retake it.

A: Students can see the exam grade, review the attempt, and the questions answered incorrectly, after the exam close date. If you cannot see it, try closing AsULearn and the browser, then logging back in.

Q: I have questions about my attendance grade.

A: Please read the syllabus and AsULearn first. If you still have questions, please contact your instructor (PECKEL). We want you to understand how your grade is calculated.

Q: Where do I find my final grade.

A: Final grades are reported in Appalnet. The final grades that appear in AsULearn are NOT official final grades.

A: If your final grade is not as high as you would like, consider retaking the course to replace your grade for GPA purposes. Know that if you retake a course the more recent grade counts, not the higher grade.

Didn't find what you were looking for?

Contact me at any time.

Edgar Peck
RMPE Department
PECKEL@appstate.edu