Appalachian Alpine Snowboarding Course Syllabus   Spring 2023

Course Name Alpine Snowboarding   **Instructor** Edgar Peck
Number/Sec PE 1876-121/131/141   **Email** peckel@appstate.edu
Class Day Tue, Wed, or Thu   **Course Dates** Jan 17th-Mar 6th
Class Time 3:45pm-7:15pm   **Course Credits** 1 credit hour
Lesson Time 5:00pm-6:00pm   **Location** Varsity Gym/App Ski Mtn.

Required Text

Mastering Snowboarding. Teter & Schultz. Online Text.
AppState Book Rental Program

We believe in you!

Wellness Literacy 3.0. Mohr & Townsend. Online Text.
Kendall Hunt Publishing Co.   https://www.khpcontent.com/

Materials and Equipment

Photo ID/Appalachian ID Card   Winter outdoor physical activity clothing (extra dry clothes)
Ski/Snowboarding equipment   Safety gear-helmet highly recommended

Course Overview

This Physical Education course is an activity-based, Appalachian General Education Wellness Literacy course providing students with opportunities to develop the skills, knowledge, and disposition necessary to live a physically active lifestyle. Additional information and course descriptions are available on the RMPE Department website: http://rmpe.appstate.edu/academics/pe-activity-program

Course Competencies

As a result of completing each of the course requirements to criteria, students will be able to:
1. Diagnose personal fitness and health risk, develop personal wellness goals, design and implement a personal wellness plan, and continually monitor personal wellness.
2. Engage in exercise as part of one's personal wellness plan.
3. Achieve and/or maintain a health-enhancing level of physical fitness.
4. Exhibit personal and social responsibility when learning and participating.
5. Demonstrate knowledge of the skills, rules, tactics, etiquette, and culture, necessary for participation.
6. Demonstrate competency in skills/tactics needed to successfully participate.

Course Elements & Grading

Course Elements & Grading	Points	Grading Scale			
Personal Fitness Assessment	5	**A**	**100-93**	**C**	**76-73**
Personal/Social Responsibility	10	**A-**	**92-90**	**C-**	**72-70**
Wellness Literacy Online Modules	15	**B+**	**89-87**	**D+**	**69-67**
Skills Assessment	20	**B**	**86-83**	**D**	**66-63**
Attendance	20	**B-**	**82-80**	**D-**	**62-60**
Content Exam	30	**C+**	**79-77**	**F**	**< 59**
Total Points	**100**				

Due Dates

Personal Fitness Assessment	January 25th
Wellness Literacy Modules	February 22nd
Content Exam	March 1st

Course Requirements
Personal Fitness Assessment
- Students will complete personal fitness assessments at the start of this course to measure their current level of health-related fitness (aerobic capacity, muscular strength/endurance, flexibility, and body composition).
- This assignment outlines the Healthy Fitness Zone for each component to help students understand their current level of fitness and health, set goals, and create an exercise plan.
- Students' grades are based on completion of the assessments-**NOT** on assessment scores/fitness level.
  - This data is for your information as you set goals.
- Students who complete the fitness assessments to the instructor's criteria and submit the fitness assessment scores on AsULearn earn 5 points.
- Students who do not attend class meeting one and complete the fitness assessments earn zero points.

Personal and Social Responsibility
Responsibility is a significant component of successful participation in class and throughout life.

Behaviors like being on time and prepared for class; signing up for transportation, but not riding the van; failing to report accidents/injury within 24 hours; failing to check in at the ticket office; and failing to follow email protocol directions will be assessed in this area.

Electronic Communication Guidelines
If you have a question. First, check the syllabus and AsULearn for the information.
Include your full name, banner ID, course number and section number in emails to your instructor.
        Failure to include these details will result in a reduction to your personal responsibility grade.

Points are earned in the following areas:

Preparedness READS AND FOLLOWS THE INSTRUCTIONS ON THE SYLLABUS AND ASULEARN.
                Dressed for active participation with appropriate equipment and materials.
Effort   Accepts challenges, demonstrates initiative, diligent in task completion, self-directed learner.
Engagement Participates in assigned tasks with enthusiasm, completes tasks to criteria.
Fair play   Maintains safe learning environment, encourages/assists others, demonstrates self-control.

10 pts Demonstrates behaviors that consistently exceed standards (assists, motivates others, enthusiastic).
9 pts   Demonstrates behaviors that consistently meet standards in all 4 areas.
8 pts   Demonstrates behaviors that consistently meet standards in 3 areas.
7 pts   Demonstrates behaviors that consistently meet standards in 2 areas.
<6 pts Consistently fails to meet minimum behavior standards (endangers others, interferes with learning).

Wellness Literacy (Course Text)
- The Wellness Modules provide health and wellness information that will inform healthy choices. As you engage in the wellness literacy modules, you will develop your health and wellness literacy, preparing you to take ownership of your wellness and make choices that will improve your quality of life.

- **The number of required Wellness Literacy modules has changed to four (4) total effective spring 2023. The Personal Discovery Assessment (PDA) element in each module is now optional. The Weight & Stress Management modules are now optional.**

- **There are FOUR total required on-line learning modules.**

Module 1	**Wellness**	**Module 3**	**Nutrition Management**
Module 2	**Fitness Management**	**Module 4**	**Wellness Revisited**
Module 5	Weight Management (optional)	Module 6	Stress Management (optional)

Wellness Modules To Do List

- If this is your first Appalachian PE activity course, complete modules 1 and 2.
- If this is your second Appalachian PE activity course, complete modules 3 and 4.
- If you are enrolled in two PEA courses simultaneously, complete all four modules.
- If this is your 3rd, 4th...PEA course, verify progress report shows modules 1-4 complete.
- **Download the PDF progress report from the wellness website, save it, and submit the PDF progress report on AsULearn (NOT A SCREEN SHOT).**

Note

- **Students who do not complete the appropriate wellness modules and turn in their progress report will earn 0 points.**
- **Students must earn a minimum of 80% on the post-test to pass the module.**
- **Students earn full (all) points toward final course grade regardless of the post-test grade (minimum 80% to pass) on each *wellness* module.**
- **ALL students enrolled in an Appalachian PE Activity Course must complete the *wellness* modules regardless of whether you have already completed the General Education Wellness requirement.**

Module Purchasing
- Purchase *Wellness Literacy 3.0* at the App State Bookstore or https://www.khpcontent.com/
- Purchasing online provides instant access and is less expensive than the bookstore.
- The App bookstore does NOT email codes to students. Purchase the code in person if you purchase from the bookstore.
- Your username is your Appalachian State email address.
- This code is good for 6 years and does NOT need to be repurchased.

Click Here To Purchase

Module Tech Support
HELP/SAVE ME!
- Technical difficulties with website: Email: ASUsupport@kendallhunt.com
- Support request response emails are sometimes found in your spam/junk email folder.
- If you have forgotten your password visit the website and click forgot my password.

Skills Assessment
- The salient skills for this course will be practiced throughout the course (attending every class is important).
- Students will be assessed on their ability to perform the salient physical skills.
- Skills assessments will be conducted face to face during class during the 5th and 6th on slope meetings.
- Students who miss the skill assessment will earn zero points.

Attendance
- Attendance is vital to develop the physical, social, and cognitive skills to be successful.
- There are SEVEN total class meetings planned. (Class meeting dates are on AsULearn).
- Inclement weather may cause class meetings to be cancelled. Makeup dates will be scheduled to ensure there are a minimum of SIX class meetings.
- Student is responsible for notifying instructor he/she is present if arriving late to avoid being marked absent.
- Being on time is important. It helps us use our time effectively and shows respect for your classmates.

Attendance Policies
- **There are no excused absences due to the low total number of course meetings.**
- **Students who do not attend the on the slopes lesson will be marked absent.**
- **Students are expected to practice/be on the snow during the entire class meeting time before and after your lesson. Your RFID card will record the time you spend on the slopes.**
- **Students missing more than 30 minutes of any class will be marked absent.**

Attendance Record
- **Attendance is recorded by your instructor on the slopes-ensure they write down your name.**
- **Attendance is also recorded using the RFID card (ticket). You must have your card at all times.**
  - **If you lose your RFID, go to the special services office for a new card ($2), and email your instructor.**
- **Every student must attend the lesson and practice on the slopes for the entire class period.**

Attendance Points
- **Students who attend and participate in SIX class meetings earn 20 attendance points.**
- **Students who attend and participate in FIVE class meetings earn 5 attendance points.**
- **Students attending LESS THAN FIVE class meetings earn a grade of "F" in this course.**
- **Students who are late or leave early will be penalized 5 points.**

Content Exam
- The exam will consist of objective true/false, multiple-choice, and matching questions.
- The content of the exam will reflect the course material provided on AsULearn and in class.
- Students have one attempt.
- The exam is available on AsULearn.

Late Work and Submission Format Policy
- It is the student's responsibility to read the syllabus, check AsULearn, and know the due dates.
- Assignments turned in after the due date will receive a 50% reduction in points. This applies even if the student is absent. This also applies regardless of when the assignment was completed.
- No assignment will be accepted more than 1 week after the due date or after the final regular scheduled meeting date of that section without prior written approval.
- It is the student's responsibility to submit a PDF or MS Word document that can be opened/viewed on AsULearn. Do not submit screenshots, photos, png, jpg documents. Assignment submissions that cannot be opened will be assessed a 50% reduction in points.
- **DO NOT** wait until the day the assignment is due to begin working on it. If students experience technical difficulties causing the assignment to be turned in late, it will still be assessed a 50% credit penalty.
- To request a 2-day deadline extension, contact the instructor in writing prior to the assignment due date.

Health and Safety

- **This course involves off-campus locations. Course participants are responsible for their own safety. Please inform your instructor of any unsafe conditions you observe. Students should dress appropriately for the weather, conditions, and activities involved, and adhere to all required safety precautions.**
- This course requires physical activity. **Your safety is your responsibility.** Please exercise good judgement.
- Inform your instructor of any unsafe conditions you observe.
- Any person with any medical concerns should consult a physician before beginning any exercise program.
- Additionally, students with prior existing physical/medical conditions which could interfere with their ability to fully participate in this course should contact the instructor so these conditions may be documented and contraindicated activities can be avoided (Medical Information form). Information will be kept confidential.
- Students should eat/drink water, and dress appropriately for the weather.
- Please dress for physical activity every class day, even day 1.
- **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 in to the Student Health Medportal; send the medical director a message detailing that you are requesting a Medical Withdrawal due to a medical/illness reason. Include the course number, section, course name and credit hours. https://healthservices.appstate.edu/**

Additional Policies
https://academicaffairs.appstate.edu/resources/syllabi-policy-and-statement-information

Appalachian Student Engagement Policy
Students should expect to spend 3-6 hours each week on studying and out of class assignments.

Academic Integrity Code   https://academicintegrity.appstate.edu/
Students attending Appalachian State University agree to abide by the Academic Integrity Code.
- Students will not lie, cheat, or steal to gain academic advantage.
- Students will oppose every instance of academic dishonesty.

University Support
Academic Affairs website   http://academicaffairs.appstate.edu/resources/syllabi
Policy Information, Academic Integrity, Disability Resources, Religious Observances, Student Engagement.

Appalachian Academics website   http://www.appstate.edu/academics/
Academic Integrity Code, Disability Resources, Religious Observances Policy, Student Engagement.

Student Development   http://deanofstudents.appstate.edu/
Students with family, medical, or other emergencies should contact Student Development/Dean of Students.

Successful Learning during Remote Education
https://studentlearningcenter.appstate.edu/about/successful-learning-during-remote-education

Disability Resources   https://odr.appstate.edu/
Appalachian State University is dedicated to providing the best experience possible to all individuals by providing an inclusive and accessible campus environment. This site is intended to provide accessibility information, guidance and tools for the campus community. Accessible means a person with a disability is

afforded the opportunity to acquire the same information, engage in the same interactions, and enjoy the same services as a person without a disability in an equally effective and equally integrated manner, with substantially equivalent ease of use.

Additional Resources

AppCares	https://appcares.appstate.edu/
Appalachian Counseling Center	https://counseling.appstate.edu/
Interpersonal Violence	https://ipv.appstate.edu/
Student Health Services	https://healthservices.appstate.edu/
Appalachian Wellness Center	https://wellness.appstate.edu/
University Recreation	https://urec.appstate.edu/

Snowboard Lesson Outline	
Week 1	Stance and balance, heel side turns, toe side turns, stopping techniques.
Week 2	Dynamic Turns: Turns that are fluid, rhythmical and symmetrical. Allow the snowboard to travel away from and back toward the center of mass. Use movement to transmit energy to and through the snowboard.
Week 3	Carving Turns (dynamic or basic): When the edge of the board slices the snow with minimal slippage. Practice these turns in both basic and dynamic forms.
Week 4	Skidded Turns: Where the edge of the board travels laterally as well as along its length. Practice both basic and dynamic skidded turns on all intermediate terrain and conditions. Vary the degree of skid in different turns-ride sets which leave a track of different widths.
Week 5	Switch (fakie): Basic switch maneuvers could include garlands, basic turns, straight runs and J-turns. It is advisable to practice riding "backwards". Skills assessment.
Week 6	Skill refinement. Skills assessment continues.

This is a working document. The course schedule is subject to change.
Check AsULearn on a regular basis to stay informed of any necessary changes.
Classes are grouped by ability and course schedule; grouping is tentative and is subject to change.

We are here to help you be successful. Communicate early and often when you encounter obstacles.