

APPALACHIAN PHYSICAL EDUCATION COURSE SYLLABUS

SPRING 2026

Course Name	Alpine Skiing	Instructor	Edgar Peck
Number/Sec	P E 1873-111/121/131/141	Email	peckel@appstate.edu
Class Day	Mon, Tue, Wed, or Thu	Course Dates	Jan 12th-Mar 2nd
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

Wellness Literacy 3.0. Mohr & Townsend. Online Text.
Kendall Hunt Publishing Co.

Materials and Equipment

Appalachian ID Card/Photo ID	RFID Card (slope pass)
Ski/Snowboard equipment	Safety gear-helmet 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. See additional information and resources below in the information section.

Course Competencies/Learning Outcomes

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	Points	Grading Scale			
Health Related Fitness Assessment	5	A	100-93	C	76-73
Personal/Social Responsibility	10	A-	92-90	C-	72-70
Wellness Literacy Modules	15	B+	89-87	D+	69-67
Skill 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				

<u>Due Dates</u>	Health Related Fitness Assessment	January 26th
	Wellness Literacy Modules	February 9th
	Content Exam	March 2nd

COURSE REQUIREMENTS

Health Related Fitness Assessment

All things are difficult before they are easy.

- 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/Social Responsibility

We cannot direct the wind, but we can adjust the sails.

Responsibility is a significant component of successful participation in class and throughout life. Together, we strive to build a culture of belonging and create an equitable classroom where each person's differences are viewed as a resource, strength, and a benefit to the overall learning experience.

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 each day in the following areas:

Preparedness Dressed for active participation with appropriate equipment & materials needed to participate.

Reads and follows the instructions on the syllabus and AsULearn.

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 Modules

If there is no struggle, there is no progress.

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.

Learning module options

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

Wellness Modules Directions

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

Wellness Modules Grading

- Students who do not complete the wellness modules and turn in their progress report will earn 0 points.
- Students must earn a minimum of 80% on module post-test to pass each wellness module.
- Students who complete/pass each wellness module earn full (all) points toward final course grade regardless of the post-test grade.
- ALL students enrolled in an Appalachian PE 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 https://he.kendallhunt.com/mohr_townsend
- Upon completion of your order, you will receive an email with a 20-digit access code to the online publication. It may take up to 24 hours after purchase for you to receive the code.
- The AppState bookstore no longer sells *Wellness Literacy 3.0*.
- Your username is your Appalachian State email address.
- This code is good for 6 years and does NOT need to be repurchased.

Module Tech Support

- 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.

Skill Assessment

Change and growth do not occur in safe harbors and calm waters.

- 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 the lessons on the slopes.
- Students missing a skill assessment will earn zero points.

Attendance

Life is not a spectator sport.

- Attendance is vital to develop the physical, social, and cognitive skills to be successful.
- Seven class meetings are scheduled. Class meets SIX times (1 extra is scheduled in case of class cancellation).
 - If no meetings are cancelled, the final (7th) date will be cancelled.
- The first meeting will be held on campus unless class is cancelled.
- Dates/Schedule are on AsULearn.

Attendance Points

- Students who attend and participate in ALL class meetings earn 20 attendance points.
- Students with one absence earn 10 attendance points.
- Students with two absences earn a grade of "F" in this course.
- Students who are late or leave early will be penalized 2 points for each occurrence.

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 the 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.
- **Students cannot make up absences or attendance points.**

Attendance Record

- Attendance is recorded by your instructor on the slopes-ensure they write down your name.
- Attendance record errors not corrected within two weeks will not be changed.
- Attendance is also recorded using the RFID card (ticket). Have your card with you at all times.
- Students who do not complete RFID sign up will not be allowed on the slopes (will be marked absent).
- 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.

Content Exam

I can accept failure. Everyone fails at something. But I can't accept not trying.

- 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.
- The exam is available on AsULearn.
 - Please study the class notes in advance.

REVIEWING THE CLASS NOTES PRIOR TO SLOPE LESSON ONE WILL HELP YOU.

Skiing Lesson Outline	
Week 1	Ready position, walking, sidestepping, turning around, traversing, uphill turn, downhill turn, (left and right), stopping, developing motor skills and lift procedures.
Week 2	Transition to intermediate terrain, linked wedge turns, "Rules of the Slopes", gaining confidence by controlling speed, thinking and reasoning.
Week 3	Develop confidence on intermediate terrain, balance, turn initiation, turn shape, encourage relaxation, and stress relief.
Week 4	Narrow the wedge, increase speed and confidence, control speed with turn shape.
Week 5	Matching the skis (active inside leg), dynamic balance, (narrow the base of support), explore terrain and snow conditions, round turns (emphasize weighted outside ski earlier). Skill refinement.

The course schedule is subject to change. Check AsULearn Announcements regularly to stay informed.

INFORMATION, POLICIES AND PROCEDURES

Please let me know if there is anything I can do to help you feel comfortable and be successful.

Late Work and Submission Format Policy (applies to assignments-not the exam)

- 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 or that require resubmission 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.

Medical, Health, and Safety

- 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, if you have any prior existing physical or medical condition which could interfere with your ability to fully participate in this course, please contact your instructor so these conditions may be documented and contraindicated activities can be avoided (see Medical Information form). This information will be kept confidential.
- Please dress for physical activity every class day, even day 1.
- Students should eat/drink water, and dress appropriately for the weather.
- 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; send 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/>

Academic Policies

Appalachian Academics website <http://www.appstate.edu/academics/>

Academic Integrity Code, Disability Resources, Religious Observances Policy, Student Engagement.

Academic Affairs website <http://academicaffairs.appstate.edu/resources/syllabi>

Policy Information, Academic Integrity, Disability Resources, Religious Observances, Student Engagement.

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.

Appalachian Student Engagement Policy

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

University Support & Resources

Academic Calendar <https://registrar.appstate.edu/calendars-schedules>

Course start and end dates, holidays.

First half, full semester, and second half course drop dates.

Student Development <http://deanofstudents.appstate.edu/>

Students with family, medical, or other emergencies should contact Student Development/Dean of Students.

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/>

Food Insecurity <https://sustain.appstate.edu/initiatives/food-pantry/>

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/>

Physical Education Information

Additional information and course descriptions are available on the RMPE Department website:

<https://rmpe.appstate.edu/academic-programs/pe-activity-program>

Appalachian General Education Goals

<https://universitycollege.appstate.edu/programs/general-education-program/program-goals>

This physical education course is designed to meet General Education goals and Wellness Literacy criteria through fitness assessment, goal setting, physical activity, maintaining an exercise log, and developing wellness and content-specific knowledge, skills, and disposition to live a healthy lifestyle. The class meets the following General Education goals and themes:

- Thinking Critically & Creatively
- Understanding Responsibilities of Community Membership
- Wellness Literacy

Almost everything will work again if you unplug it for a few minutes, including you.

A happy life consists not in the absence, but in the mastery of hardships.