COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1138: Outdoor Winter Activities

A. CATALOG DESCRIPTION
   1. Credits: 1
   2. Hours/Week: 30-32 hours per semester
   3. Prerequisites (Course discipline/number): None
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

   This course is designed to introduce the student to a wide variety of winter activities, i.e. cross country skiing, downhill skiing, snow shoeing, ice skating, boot hockey, broom ball, ice fishing, and winter jogging.

B. DATE LAST REVISED (Month, year): March, 1997

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Fundamental skills of the various winter activities
   2. History of the various winter activities
   3. Selection of proper equipment for the various winter activities
   4. Winter safety
   5. Use of various winter activities for physical fitness activity
   6. Proper warm up and cool down techniques
   7. Preparation of this various equipment
   8. Winter clothing

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
   1. Improve the fitness level of participants.
   2. Encourage participants to find a winter activity they enjoy and mark it a part of their lifestyle.
   3. Feel comfortable and at ease in the winter environment.
   4. Discuss proper winter clothing.
   5. Perform and explain proper fundamental skills.
   6. Discuss terminology of the various winter activities.
   7. Describe proper equipment selection for the various winter activities.
   8. Describe proper equipment preparation for the various winter activities.
   9. Describe types of equipment for the various winter activities.
   10. Improve fitness level.
   11. Demonstrate proper stretching exercises.
   12. Explain how the various winter activities can be used for physical fitness.
   13. Discuss warm up and cool down techniques.
   14. Discuss winter safety.
   15. Discuss proper clothing for the various winter activities.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
   1. Class participation
   2. Fitness testing
   3. Written exam
   4. Speaker/video/article summaries
   5. Paper
   6. Skill test

G. SPECIAL INFORMATION (if any):
   1. Students must provide and/or rent their own equipment used for class.
   2. Students must provide their own transportation to various class locations.