

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Cross-Country Skiing

Course Abbreviation and Number: PHE 1750

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will demonstrate the basic skills used in cross-country skiing. Skills include, but will not be limited to, diagonal stride, star turn, reverse star turn, kick turn, stepping turn, herringbone, and sidestep. Field trips will be made to local cross-country ski areas.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Demonstrate the basic skills of cross-country skiing
2. Select the correct type and size of equipment needed to cross-country ski.

Topics Covered:

- Introduction to history of the sport of cross-country skiing
- Introduction to the equipment used with the sport of cross-country skiing
- Introduction and practice of the following basic skills:
 - Diagonal stride
 - Start turn
 - Reverse star turn
 - Kick turn
 - Stepping turn
 - Herring bone
 - Sidestep
 - Running diagonal stride

Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
- [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- [Get Help: JCC & Community Resources](#)
- [Emergency Closing Procedures](#)
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2022