

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism:  
Physical Activity and Sports Program  
PRLS 190: DOWNHILL SKIING (1)  
SPRING 2010

PROFFESOR:	S. Tomasovic	E-MAIL:	stomasov@gmu.edu
CLASS DAY/TIME:	Sun: 1/17/2010 1 PM - 4 PM	OFFICE:	Science & Tech II #225
LOCATION:	Aquatic Center Room #112	PHONE:	703-993-1098
CLASS DAY/TIME:	Sundays: 1/24 – 1/31 - 2/07 9 AM - 5 PM	OFFICE HRS:	Tue/Thur 3:00-4:30 pm
LOCATION:	Ski Liberty, Pennsylvania		& By Appointment

PREREQUISITES: None

COURSE DESCRIPTION:

Basic skills and techniques of downhill skiing are taught and refined. Course includes becoming familiar with use of ski equipment, terminology, and safety rules. Includes lecture and field experience to improve downhill skiing skills. *(This course also consists of demonstrations, discussions, and videos.)*

COURSE OBJECTIVES: *Upon conclusion of this course, students should be able to:*

1. Discuss basic conditioning exercises.
2. Use appropriate terminology related to skiing.
3. Demonstrate and perform basic skiing skills: turning, stopping, getting up, use of poles.
4. Demonstrate appropriate use of ski equipment.
5. Develop a higher level of fitness through downhill skiing.
6. Discuss and demonstrate personal safety.
7. Analyze individual fundamental techniques of skiing.
8. Explain how skiing can become a lifetime sport.

TEXT / REQUIRED READINGS / VIDEOS:

Cottrell, Jim. Skiing Everyone. Winston-Salem: Hunter Textbooks Inc. 2006.

- Available in the GMU Bookstore.

Video: *Skiing Techniques* – Day #1 of class

REQUIRED MATERIALS:

- |                           |   |
|---------------------------|---|
| 1. Ski equipment:         | Personal or rented from ski area                                |
| 2. Jacket and snow pants: | Warm windproof, waterproof, breathable                          |
| 3. Accessories:           | Gloves, mittens, ski goggles, hats, headbands, socks, sunscreen |
| 4. Insulating layers:     | Long underwear, tights, shell jackets                           |

EVALUATION:

- |     |   |
|-----|---|
| 15% | Required: First day of class for: course orientation, video viewing, discussion |
| 60% | Participation in 3 x one hour ski lessons during the 3 all day skiing sessions  |
| 10% | Completion of 3 ski lesson self evaluation and analysis                         |
| 15% | Completion of a written paper on skiing techniques                              |

TRANSPORTATION:

- Students are expected to furnish their own transportation to the ski area, car pooling is encouraged.
- Sometimes a GMU van is available for transportation of students to the ski area.

GRADING SCALE:

Grading is based on accumulation of 100 available points:

93 - 100 = A	77 - 79 = C+
90 - 92 = A-	73 - 76 = C
87 - 89 = B +	70 - 72 = C-
83 - 86 = B	60 - 69 = D
80 - 82 = B-	0 - 59 = F

REQUIREMENTS & ASSIGNMENTS:     *For successful completion of this course.*

Participation in all sessions, effort, skill development, written work.

1. First orientation class session: Course syllabus/objectives, payments, video, safety     10 points
  - a. Group discussions: safety, view videos, complete worksheets / guest lecture
  - b. Complete ski rental forms if necessary.
  
2. 20 Participation points are awarded each skiing class session.     60 points
  - a. Each student is required to take a lesson each skiing day for full participation points.
  - b. In addition each student skis 4 - 5 additional hours during the 6 - 7 hour day.
  
3. Completion of a self evaluation and analysis for each one-hour ski lesson.     15 points
  - a. Identify your ski instructor by name, the date, the time, and your lesson level.
  - b. Write a 100 - 150 word, double spaced, summary of what you learned.
  - c. Due by Friday 5 p.m. of each week.
  
4. Final ski article paper     15 points
  - a. Write a 350 - 400 word, double spaced paper using the textbook.
    - Using text terminology, explain which sections of the text were most useful and interesting.
    - Relate the information to your own ski learning and experiences.
    - Cite the text page numbers as you write the paper.
  - b. College level writing is expected using APA or MLA style and guidelines.
  - c. E-mail the paper to the professor BEFORE the last day of class.
  - d. -5 penalty points assessed for each day that the report is late.

PARTICIPATION:

1. **There are NO make up sessions or alternative days to take this class.**
  - a. If Ski Liberty temporarily closes for the day due to weather/snow conditions, class will be cancelled.
  - b. GMU may be closed due to weather conditions.
  - c. Refunds will be given each student.
2. Participation is required and expected for all class sessions.
3. Participation points are awarded for satisfactory completion of each participatory class session.
  - a. Attend and observe, even if experiencing minor health problems.
  - b. Exceptions for absences will be given consideration:
    - If a student has a well-documented medical excuse with a physician's contact information available
    - If the student has previously discussed university sponsored function to attend.
  - c. Partial points are earned for partial participation, for example, late arrivals and early departures.
4. Please inform the instructor of any injury or physical limitation on a medical form the first day of class.
  - If you are injured during class, **DROP THIS COURSE.** There are no make up sessions.
5. Students are expected to act responsibly, or be dismissed from the course, which results in course failure.

GMU POLICIES & PROCEDURES: Your responsibility - check the GMU listings for last day to ADD/DROP.

1. All published university policies and procedures are followed regarding sexual harassment and equal opportunity.
2. The goal is to provide you with a safe, fair, and equitable learning environment.
3. To ensure each student benefits from this learning environment, your instructor will adjust to your specific needs.
  - a. If you are afflicted with a disability, please visit the Office of Disabilities Services: <http://ods.gmu.edu>.
  - b. That office notifies the instructor for the first two weeks of class, so that accommodations can be made.
4. Review the GMU Honor Code in the university catalogue <http://catalog.gmu.edu> to maintain ethical standards.
  - a. Original work is expected on all oral and written work.
  - b. All assignments must be properly cited and credited.
5. Useful campus resources include:
  - a. Writing Center: <http://writingcenter.gmu.edu>
  - b. Counseling and Psychological Services: <http://caps.gmu.edu>
6. Visit the website: <http://rht.gmu.edu> for more information on the School of Recreation, Health, and Tourism.

DOWNHILL SKIING COURSE POLICIES AND PROCEDURES:

1. Registration for PRLS 190 must be completed by the first orientation class session.
2. Attendance and participation in the first orientation class session is required.
3. Practice and improvement opportunities are held each class session with a certified instructor.
4. Wear and/or bring all appropriate clothing to each class session.
5. Attention is expected during class discussion, practice sessions, and video viewing.
6. Differing student abilities are taken into consideration for placement in the different ski level classes.
7. Student must complete all written assignments to receive a passing grade of "C" or better.
8. If the student stops attending or fails to officially withdraw from class, the result is failure of the class.
9. Instructor observes progress of each student throughout each ski session.

CLASS LEVELS FOR LESSONS:

1. Ski Liberty assigns students to different skill level depending upon ability.
2. Class levels are designed to place skiers with similar abilities into a class suited to their needs.
3. If you are not sure of your class level, ask the advice of your instructor.
4. The following are the Ski Liberty descriptions of the levels.

Level 1:	First time on skis
Level 2:	Skis in a cautious wedge, able to stop, turn and control speed.
Level 3:	Skier makes linked round wedge turns left and right on beginner trails.
Level 4:	Skier skis all beginner trails with confidence: Tails of skis skid parallel.
Level 5:	Skier skis in a wide stance parallel all the time on easier intermediate trails.
Level 6:	Skier skis in narrow parallel stance on smooth intermediate/expert trails. Uses pole touch.
Level 7/8:	Confident - makes rhythmic, open stance, parallel turns w/ pole touches. Skis bumps slowly.

PAYMENT INFORMATION ( Group Rates) :

1. **FULL payment is due during the first week of GMU classes.**
2. Only one total payment is made for all three ski sessions – CASH and CHECKS ONLY.
3. Rental breakage insurance is included in the price of the rental equipment.
4. Lost or stolen items are NOT covered by the rental fee.
5. Available skiing packages depend on individual rentals and ski level:
  - a. \$78.00 each Sunday = Group “All Mountain Pass” - includes:
    - Equipment rental: skis, boots, and poles
    - Lift ticket: Valid on all terrain mountain lifts and trails until 10 p.m.
    - Lesson: 1 hour w/ Ski Liberty Instructor @ skier’s ability - Levels #1 - Level #8
      - All skiers are at different levels and are required to take a lesson w/ Ski Liberty Instructor
      - GMU instructor then teaches all students throughout the rest of the day
    - TOTAL for 3 days of skiing: ( $\$78 \times 3 = \$234.00$ )
  - b. \$66.00 each Sunday = Group Beginner “Learn-to-Ski” Package – includes:
    - For newcomers to the slopes
    - Equipment rental: Skis, boots, and poles
    - Lift Ticket: Valid on Beginner Lift areas only until 10 p.m.
    - Lesson: 90 minute Beginner First-Time Lesson w/ Ski Liberty Instructor
      - Option of taking a morning class and an afternoon class (at no cost)
      - GMU instructor then teaches all students throughout the rest of the day
    - TOTAL for 3 days of beginner package skiing: ( $\$66 \times 3 = \$198.00$ )
  - c. \$64 each Sunday = SKI WITH YOUR OWN EQUIPMENT – includes
    - Lift Ticket: Valid on all terrain mountain lifts and trails until 10 p.m.
    - Lesson: 1 hour w/ Ski Liberty Instructor @ skier’s ability - Levels #1 - Level #8
      - All skiers are at different levels and are required to take a lesson w/ Ski Liberty Instructor
      - GMU instructor then teaches all students throughout the rest of the day
  - d. Rental Forms < <http://www.skiliberty.com/lmr/SiteAssets/files/groups/RentalForm0910.pdf> >

SKI AREA PROCEEDURES:

1. 9:00 - 9:30 a.m. Arrive at the Ski Liberty check - in desk @ the Group Sales Office.
2. Receive all-inclusive ski ticket from the instructor.
3. Go with Ski Liberty courtesy staff to check out the rental ski equipment.
4. Ski lesson levels range from Beginner-Level #1 to Accomplished Skier-Level #10.
5. 10:00 a.m. Lesson Times: First Beginner through Advanced.  
Also offered @ 10:00 a.m. / 12:00 noon / 2:00 / 4:30 / 5:45 / 7:00  
Beginner Lessons: Offered every hour
6. 12:30 – 1:30 p.m. Plan to meet for lunch in the eating area and ask questions.
7. 4:15 – 4:45 p.m. Turn in ski rentals.

## TENTATIVE COURSE SCHEDULE:

### DAILY SCHEDULE (Subject to Change)

Day	Date	Points	Topics	JANUARY 2008
Sunday	1/17/2010	10 points	Lecture: Aquatic #112	1:00 noon - 4:00 p.m.
	- REQUIRED CLASS DATE:		Syllabus / Course Overview / Video	
	- Discussion:		Ski techniques: turning, stopping, getting up, poles, on & off a ski lift Conditioning exercises, safety rules, terminology, skills, equipment, clothing	
Sunday	1/24/2010	20 points	Ski Class: Ski Liberty	9:30 a.m. - 5:00 p.m.
	Due:	5 points	Ski lesson analysis / evaluation	
Sunday	1/31/2010	20 points	Ski Class: Ski Liberty	9:30 a.m. - 5:00 p.m.
	Due:	5 points	Ski lesson analysis / evaluation	
Sunday	2/07/2010	20 points	Ski Class: Ski Liberty	9:30 a.m. - 5:00 p.m.
	Due:	5 points	Ski lesson analysis / evaluation	
Sunday	2/14/2010	- <i>Not required if everything has been submitted</i>		
	Due:	15 points	Final paper Complete Course Evaluation	

### DIRECTIONS TO SKI LIBERTY:

1. Travel time is approximately 90 minutes, one-way
2. A map is provided for each student or you can access "Map Quest" on line.
3. Directions from Northern Virginia / Washington D.C.
  - a. Take the Beltway 495 to Maryland I-270 North to Frederick, MD
  - b. In Frederick, I-270 becomes Rt. 15 North
  - c. Travel on Rt 15 North toward Gettysburg, PA
  - d. Take the Emmitsburg, MD exit off of Rt. #15 (this is a left onto So. Seton Avenue)
  - e. Follow approximately 2 miles to the Emmitsburg traffic light and turn left on Rt. 140 West
  - f. Rt. 140 then becomes Rt. 16 West at the Pennsylvania state line
  - g. Follow Rt. 16 West to Rt. 116 East and turn right onto Rt. 116 for approximately 3 miles.
  - h. Ski Liberty is on the right. There is a sign at the entrance road on your right.
  - i. Park your vehicle in the FREE parking area
  - j. Meet the instructor inside the Group Sales building by 9:30 a.m.

### SKI LIBERTY CONTACT INFORMATION: <www.skiliberty.com>

1. Ski Liberty: (717) 642-8282
2. Snow Report: (717) 642-9000
3. Group Office: (717) 642-8282 ext. 3305
4. Interactive Trail Map: < <http://www.skiliberty.com/lmr/interactive-trail-map.aspx> >

