

Course discipline/number/title: PHED 1138: Outdoor Winter Activities

- A. CATALOG DESCRIPTION
1. Credits: 1
 2. Hours/Week: 2
 3. Prerequisites (Course discipline/number): None
 4. Other requirements: None
 5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course is designed to introduce the student to a wide variety of outdoor recreational leisure and fitness winter activities. This course is somewhat weather-dependent; thus activities may include, but are not limited to: cross-country skiing, downhill skiing, snowshoeing, ice skating, boot hockey, broom ball, ice fishing, and winter jogging.
- C. DATE LAST REVISED (Month, year): February, 2019
- D. 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. Outdoor winter safety
 5. Use of various winter activities for physical fitness activity
 6. Proper warm up and cool down techniques
 7. Preparation of various specialized equipment
 8. Choosing clothing for specific outdoor winter activities
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Improve their fitness level through the use of a variety of outdoor activities.
 2. Identify winter activities they enjoy and incorporate them into their lifestyle.
 3. Demonstrate the use of proper winter clothing.
 4. Perform and explain proper fundamental skills of a variety of activities.
 5. Discuss terminology of the various winter activities.
 6. Describe proper equipment selection and preparation for the various winter activities.
 7. Discuss winter safety.
 8. Demonstrate warm up and cool down techniques.
 9. Demonstrate proper stretching exercises.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Participation
 2. Daily Assignments
 3. Written Quizzes and Exams
 4. Speaker/video/article summaries
 5. Practical assessment of specific skills and techniques.
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None
1. Students must provide and/or rent their own equipment used for the class.
 2. Students must provide their own transportation to various class locations.