

COURSE SYLLABUS



Course Information

Course Title: HHPA 133 Ski Conditioning - Nordic

Course Number: 44165

Course Credits: 1.00

Course Date: Fall 2018: September 24, 2018 – November 21, 2018

Course Meeting Times: 5:00 - 6:45pm (*course time period includes warm/cool time*)

Course Location: Mazama Multi-Purpose Room/Fit Center/Fields

Instructor: John (J.D.) Downing
Off-campus Office with Office Hours by appointment only
541.317.0217
jd@xcoregon.org

Course Description: An outdoor/indoor conditioning class for all levels of Nordic skiers. Goal of the class is to provide ski-specific cardiovascular fitness and muscular strength as well as providing Nordic ski technique. Various ski-specific drills and exercises will be used in a fun group atmosphere.

Pre-requisite/program: None.

Learning Outcomes:

Outcomes: **Upon successful completion of this class, the student will be able to:**

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of cross-country skiing/racing to develop overall physical fitness and enhance sport activities.
3. Effectively use SMART goal setting to design and implement individual ski performance goals.
4. Apply appropriate training fundamentals to the development of nordic ski-specific training plans based upon individual performance goals.
5. Demonstrate safe and effective exercises that improve cardiovascular fitness or ski-specific muscular strength.

Instructional Methods

Methods: This course will utilize a variety of different cross-country ski-related conditioning exercises and activities. Improving individual strength/tone, technical skills, balance, agility, specific ski motions, zone intensity development, as well as cardiovascular endurance will be the main emphasis of this course. Students will be required to participate in warm-up and cool down periods before and after primary class activity.

Textbook & Materials

None

Assessment

Grading standard

Participation: Points are given for each day that the student participates during class. If the student does not attend class, no points are earned. Please see COCC Activity Class Participation Policy below.

Activity Log — Due Monday, November 19: The student is responsible for keeping an activity log throughout the class term. Exact format for your personal training log is up to each student. The log can be recorded on a computer or on-line as well. The log should contain a daily record of the following information...type of training/fitness activity (i.e. “running”, “skiing”), duration of each session, intensity of each session (preferably using formal heart rate training zones), and at least a short note on how you felt (i.e. “very tired”, “really good”, etc.). Very important additional information would be recording location of the workout, weather problems, health issues (injuries, sickness), and mental state. The class instructor will only record satisfactory completion of this assignment – but will not read the log in depth. For e-logs, ask the instructor how best to get full credit.

Written Winter Personal Fitness Plan — Due Monday, November 19: The student is responsible the creation of a basic personal fitness plan for Winter Quarter. The plan should include some weekly fitness elements geared towards XC skiing as well as other activities. The plan also should be developed such that it can realistically be followed by the student...it should be a personalized blueprint for fall fitness! You will need to take into account factors such as work, family, school, vacations, etc. when outlining your plan. The purpose of the

assignment is to give each student a written model for personal fitness after our class is finished.

The following Grading Scale will be used in this course:

A	93-100	Exceptional
A-	90-92	Superior
B+	87-89	Excellent
B	83-86	Very good
B-	80-82	Good
C+	77-79	Better than satisfactory
C	70-76	Satisfactory
D	65-69	Just Passing
F	0-64	Not passing

Policies

COCC HHP Activity Class Participation Policy: Students are allowed to miss no more than 2 classes without penalty. After 2 classes, students will have the opportunity to make-up one class. In the event the student cannot attend, he or she should either call or email the instructor. The student is still accountable for all information covered during missed classes. It is the student's responsibility to obtain all missed information from another student, not from the instructor.

1 class missed =	No penalty
2 classes missed =	No penalty
3 classes missed =	Drop of 1 letter grade or make-up
Every class missed after 3 =	Drop of 1 letter grade without make-up

COCC Activity Class Injury Policy: Students injured in an activity class must contact their instructors immediately and an injury/accident form must be completed. Students who experience an injury that keeps them out of class participation beyond the regular absentee policy should work with the course instructor to make appropriate accommodations for class missed. Any injury that precludes participation for a significant portion of the class may warrant the need for the course to be dropped. Students may petition for a full refund if this happens in the first third of the term.

Students Rights and Responsibilities:

Please read the Students Rights and Responsibilities handbook available at:

<http://studentlife.cocc.edu/Resources/Policies/default.aspx>

Americans with Disabilities Statement & Non-Discrimination Statement:

COCC is an affirmative action, equal opportunity institution. Students with documented disabilities who may need special instructional accommodations or who may need

special arrangements in the event of an evacuation should notify the instructor as soon as possible, no later than the second week of the term. Students may contact COCC Disability Office in Boyle Education Center to discuss special needs, 383-7583.

COCC Non-Discrimination Policy:

Central Oregon Community College is an affirmative action, equal opportunity institution.. It is the policy of the Central Oregon Community College Board of Directors that there will be no discrimination or harassment on the basis of age, disability, sex, marital status, national origin, ethnicity, color, race, religion, sexual orientation, genetic information, or veteran status or any other protected classes under Federal and State statutes in any educational programs, activities or employment. Persons having questions about equal opportunity and nondiscrimination should contact the Equal Employment Officer, c/o COCC's Human Resources office, 541.383.7216.

Physical Contact Statement:

Due to the nature of this course, students are advised that physical contact between the instructor and student, or student to student is required for some class assignments (example, stretching exercises, certain strength stations, etc.). If you have concerns about these requirements, you are encouraged to discuss these with the instructor prior to the next class session to determine if appropriate alternative assignments exist. If you do not think you will be able to participate to the extent required by the course, you are encouraged to drop the course within the appropriate deadlines in order to obtain a refund.

Student Insurance: Students are not covered by medical insurance while on campus or involved in college classes and activities. Students are responsible for their own medical and dental insurance coverage. If you have specific questions or concerns regarding student insurance you should discuss them with the Program Coordinator or Department Chairperson.

Academic Dishonesty (Cheating and Plagiarism):

Plagiarism is using, borrowing or stealing someone else's words or ideas without giving credit to the source. This includes copying definitions and sentences from textbooks, periodicals, and other student's papers, the Internet or any other resource. Cheating on any assignment or test is also unacceptable. Students are expected to complete all assignments independently, unless it is designated as a group assignment. Students are expected to practice the highest standards of academic honesty. Acts of plagiarism or cheating are unacceptable and may result in a failing grade.

COCC Closure Attendance Policy:

In the event of a campus closure, you will receive an email, call and/or text message. If campus is closed for the day, you won't have classes on that day. Don't come to class. If campus is closed **after** a certain time follow these guidelines: if your class start time is **before** the time of closure, come to class. If your class start time is **after** the time of closure, class is cancelled. Ex. If class begins at 5:00 pm and campus is closed

beginning at 5:30 pm, come to class—regardless of when class ends. If class begins at 8:45 am and campus is closed after 8:30 am, do not come to class.

Title IX Statement:

Title IX protects people from discrimination based on sex in education programs and activities. This includes conduct such as: gender discrimination (includes males, females, transgender, gender identity, etc.), sexual harassment, sexual assault, stalking, intimate partner/relationship violence, bullying and cyberbullying, retaliation, the failure to provide equal opportunity in athletics and discrimination based on pregnancy. Persons having questions about Title IX should contact Alicia Moore, Dean of Student and Enrollment Services, 541.383.7244 or amoore@cocc.edu.