



FACULTY SENATE  
CURRICULUM COMMITTEE  
Approval Form

Department Health and Physical Education

Title Developmental Trends in Skiing Proficiency

Sponsor(s) E. Theodore Kershner & Agnes K. Mical No. of Credits 2

COURSE X SPECIALIZATION \_\_\_\_\_ CONCENTRATION \_\_\_\_\_ CERTIFICATION \_\_\_\_\_

Approved by the department Graduate ( )

Not recommended by the department Undergraduate (X)

Information copies forwarded: Academic Dean; Chairperson, Curriculum Committee

*Rita S. ...*  
Signature: Department Chairperson

DIVISION

Consultation on proposal has been held

Comments:

Signature: Academic Dean and/or Divisional Committee

CURRICULUM COMMITTEE

*Interim Only - 26-77-18*

Proposal received 12/11/76

Open Hearing held 12/17/76

Returned to the department for the following reason(s):

Approved by the Curriculum Committee 12/17/76

Presented to Executive Committee of the Faculty Senate as information

Notifications forwarded: Vice President for Academic Affairs

*Thelma C. ...*  
Signature: Chairperson, Curriculum Committee

Academic Dean

I have reviewed the final documents as approved and concur with same. Budget, faculty, library allocations and Academic Support Services are adequate for immediate implementation.

I have reviewed the final documents as approved and concur with same. Budget, faculty, library allocations and Academic Support Services for the current academic year are inadequate for immediate implementation or implementation in the next fiscal year. The earliest that the proposal might be implemented would be

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HEGIS Taxonomy Number: \_\_\_\_\_

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Signature: Academic Dean

Copies forwarded: Chairperson, Curriculum Committee, Department Chairperson,  
Registrar

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REGISTRAR

Approved course description received

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Signature: Registrar

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Vice President for Academic Affairs

Official copy and approval sheet filed

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Signature: Vice President for Academic Affairs

- Note
- 1) Course proposal format is attached
  - 2) A copy of this approval form should accompany each proposal
  - 3) A copy of a proposed catalogue description of the course must accompany the proposal as a separate page.

I. Developmental Trends in Skiing

Department of Health and Physical Education

Mr. E. Theodore Kershner and Ms. Agnes K. Mical

II. Essence

- a. undergraduate course
- b. two semester hours credit
- c. open elective to be offered during the intersession at an off-campus ski site in order to serve all interested students
- d. pre-requisites - none. Students pay for credit hours as well as ski trip.
- e. the purpose of this course is to provide a concentrated indepth study in Alpine and Nordic skiing techniques for the beginning, intermediate and advanced students. Other areas of interest for advanced students include downhill racing, aerials and ballet techniques.
- f. intersession trip will run one full week at a ski site and for the '77 trip the cost will be \$170. This includes 6 days, 5 nights lodging, transportation, 5 full breakfasts/3 dine around dinners at French restaurants, use of ski facilities. Includes: lifts, snow showing, tobogganing. Additional costs are assessed for ski equipment rental if needed.  
Lectures will be given in the evening covering course content.

III. Other Details:

- a. Sponsors:
  - 1) Mr. E. Theodore Kershner is an advanced skier member of the National Ski Patrol and has taught for the National Ski Patrol.
  - 2) Ms. Agnes K. Mical is an intermediate skier, a candidate for the National Ski Patrol and teacher of First Aid.
- b. not applicable
- c. not applicable as course is offered off-campus at a resort area for skiing.
- d. this is planned trip offering our students an opportunity to concentrate on ski instruction of their interest.
- e. the students will develop or improve level of ski proficiency will develop a knowledge of physical conditioning for skiing.
  - 3) to develop a knowledge and understanding of techniques and mechanics of skiing
  - 4) to become familiar with various types of skiing equipment
  - 5) to become familiar with the National Skier's Courtesy Conduct Code
  - 6) to become aware of the safety procedures necessary to enjoy skiing.
- f. evaluative procedure to be employed includes provisions for student, colleague and peer evaluations of the experience.
  - 1) a subjective evaluation by the instructors on each student's improvement and proficiency in skiing
  - 2) a written report by each student concerning evaluation of the course and how the course has been beneficial physically, socially and mentally

IV. Topical Outline:

- a. care and maintenance of skiing equipment
- b. physical conditioning for skiing
- c. mechanics and techniques of skiing
- d. safety and courtesy in skiing

V. Rationale

Not too many years ago, participation in skiing was limited to a small hardy group of spirited individuals. Today it is a growing recreational activity for all ages. Many new instructional techniques including downhill racing, aerials, ballet and nordic skiing will be available as well as beginning intermediate and advanced instruction in Alpine skiing. Many people regard skiing as an intensely enjoyable form of exercise. An active skier experiences plenty of physical activity.

The trip offers our students an opportunity to concentrate on instruction in an area of their choice and provide time to improve skiing proficiency so they will be able to enjoy recreational skiing as a leisure time activity.

VI. Results of Consultation

Student evaluations were turned in to the Intersession office evaluating the experience. Positive points supported were:

- a. instructors good
- b. lectures interesting, informative and practical
- c. individual lessons at ski area excellent
- d. good food and plenty of it.

Negative points:

- a. crowded dormitory lodging and we have made changes for this year.
- b. long bus ride could not be avoided as this is the cheapest means of transportation. We have included rest stops every four hours.

VII. Catalogue description

Developmental Trends in Skiing Proficiency

An opportunity for students to learn new techniques in skiing in areas of interest. These include downhill racing, aerials, ballet and nordic skiing, as well as beginning, intermediate and advanced instruction in Alpine Skiing. A true recreational delight for all age groups.

Date: January 9 - 15, 1977

Cost: \$170 (includes transportation, meals, lodging, lift tickets)  
Extra costs: equipment rental, lessons, extra lessons, tours and amusement

Deposit: \$50.00

Deadline for deposit returns: November 18

Checks payable to the: WARA Ski Club

Return checks to: Theodore Kershner, Team House or  
Agnes K. Mical, office 8, Esby Gym

November 18 - 8:00 pm, Student Center 144 A & B

VIII. Additional Information and Comments:

The advisors of the WARA Ski Club are fully qualified skiers as well as members of the National Ski Patrol.