

Annette Caldwell Simmons School of Education and Human Development
Department of Applied Physiology and Wellness

2135: PRW II Mountain Sports

SMU IN TAOS

Southern Methodist University

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Course Objectives and Student Learning Outcomes

Students will be able to:

1. complete a PAR-Q (Physical Activity Readiness Questionnaire) to determine clearance for participation for vigorous exercise and modifications that may be warranted.
2. complete and review health-related fitness assessments
3. **develop and implement a personal plan to promote and maintain health-related fitness.**
4. monitor his/her own heart rate and RPE (rate of perceived exertion) and adjust exercise intensity to the appropriate level for the individual.
5. **identify and explain the five components of health related fitness.**
6. recognize cardiorespiratory responses to acute exercise
7. demonstrate safe, effective exercise, warm-up and cool down procedures.
8. have a great time working out and getting more fit!

Course Description:

The J Term Mountain Sports class in Taos will be focused on winter sports and fitness. Students will receive ski and snowboard instruction and participate in winter fitness activities. Exercise and health-related fitness principles as described in the course objectives will be reviewed and discussed in which presentation/lecture/discussion will replace the workout for those class periods. A knowledge test will be administered at the end of the term.

Each student will be provided with passes to Taos Ski Valley, ski or snowboard equipment and snowshoes for use during class.

Course Requirements

- 1) **Fitness Assessments and Personal Fitness Plan: All students will complete and review comprehensive fitness assessment.**
A Physical Activity Readiness Questionnaire (PAR-Q) will be completed to assess your readiness for this assessment and the class. Each student will complete a physical fitness assessment at the beginning of the semester and receive a detailed results report. This information will be used in designing a personal plan to promote and maintain health-related physical fitness. Students will set up short-term goals for their time in Taos and longer-term goals for the Spring Semester. We will review your plan at mid-term and again at the end of the term to evaluate your progress toward the goals you set.
- 2) **Preparation for Class/Physical Activity:** Students are expected to come to class prepared to participate in the planned activity. See course schedule for details.
- 3) **Attendance & Participation:** Attendance and participation are required. All class sessions are mandatory. *If you become too ill to participate you must drop the course. If*

you sustain an injury or have a medical or physical condition that prohibits you from moderate to vigorous aerobic activity, you must drop the course.

The last day to drop without penalty is TBA .

Grading Scheme:

- Personal Fitness Plan: (rubric provided) 20 points
- Mid-term evaluation of Fitness Plan Progress 5 points
- Semester evaluation of Fitness Plan Progress 5 points
- Attendance & Participation: 50 points
- Knowledge Test: 40 points
- 120 total points

Grading Scale:

A = 94 – 100% (112 -120 pts.), **A-** = 90 – 93% (108 -111 pts.), **B+** = 87-89% (104 -107 pts.)

B = 84-86% (100 -103 pts.), **B-** = 80-83% (96 -99 pts.), **C+** = 77-79% (92 - 95 pts.),

C = 74-78% (88 - 91 pts.), **C-** = 70-73% (84 - 87 pts.), **D+** = 67-69% (80 - 83 pts.),

D = 64-66% (76 - 79 pts.), **D-** = 60-63% (72 - 75 pts.), **F** = <60% (<72 pts.)

COURSE OUTLINE

| Date | Day | Topic / Content | Location / Notes |
|------------|----------|---|--|
| January 2 | Saturday | Mandatory Orientation, Course Overview, Lecture, Begin Fitness Plan | 4-7PM (Includes Dinner) |
| January 3 | Sunday | CLASS- Taos Ski Valley & Lecture | 7:30AM-12PM Ski/Snowboard Instruction 12-1PM LUNCH 1-3PM Ski/Snowboard 4PM General Campus Orientation |
| January 5 | Tuesday | CLASS: Fitness Test & Class Dinner | 6-9PM |
| January 7 | Thursday | CLASS: Lecture/Fitness Test Results | 6-9 PM |
| January 8 | Friday | CLASS- Taos Ski Valley & Lecture | 7:30AM-12PM Ski/Snowboard Instruction 12-1PM LUNCH 1-3PM Ski/Snowboard 3-5PM Lecture 5-7Dinner/Lecture |
| January 9 | Saturday | CLASS- Taos Ski Valley & Lecture | 7:30AM-12PM Ski/Snowboard Instruction 12-1PM LUNCH 1-3PM Ski/Snowboard 3-5PM Lecture 5-7Dinner/Lecture |
| January 10 | Sunday | CLASS- Taos Ski Valley & Lecture | 7:30AM-12PM Ski/Snowboard Instruction 12-1PM LUNCH 1-3PM Ski/Snowboard 3-5PM Lecture 5-7Dinner/Lecture |
| January 12 | Tuesday | Exam & Course Evaluation | 6-8PM |

DRAFT- NOT FINAL
SCHEDULE