PDP OE100: Snowboarding/Downhill Skiing

Program Manager: Ramelle Adams  
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Meets 1x per week: 1.0 Credit

Course Description:
Instruction provided for beginning through intermediate skill levels of skiing and snowboarding. Students will make their choice of skiing or snowboarding at the first class, and have one option to change after the first week. Class fee covers transportation to and from Nashoba Valley Ski Area and lift tickets for each of the four weeks. Equipment rentals are available. Class is also available for no academic credit.

Required Equipment:
Students may rent equipment or provide their own. Equipment required for skiing: skis, boots, helmet, and poles. Equipment required for snowboarding: snowboard, boots, and helmet. Students must provide their own goggles and warm, waterproof or water-resistant clothing.

Course Goals:
Progress in snowboarding/skiing skill and confidence according to skill levels described in the curriculum below. Placement in the correct level class will take place at Nashoba Valley Ski Area on the first night of class.

Grading Policy
This class will be graded Pass/Fail, based on attendance. Students must turn in their instructor cards with signatures for at least three out of the four scheduled classes. Please visit the Registrar’s website often to view relevant deadlines! Please note that the deadlines for this class are earlier than for standard classes, so please review the withdrawal date deadline. If you wish to drop the class for academic credit, you may continue as a noncredit student. Below is a list of possible grades you may receive in this class.

P – Pass: Complete course requirements, 75% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.
**Attendance Policy & Make-Up Classes:**
Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need a 75% attendance record to receive a passing grade. You are allowed 1 absence. If you have more than 1 absence, you will need to arrange to make up the class you have missed by attending the other section of class. If you cannot make up the class, you must drop the class for credit on the Student Link, but may continue the class as a noncredit student.

It is essential to contact Ramelle Adams at rfadams@bu.edu, if you plan on attending a makeup class, because there are limited spaces on the bus to Nashoba. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

**FitRec Website & Course Evaluation:**
For a broader explanation of PDP credit class policies, please visit the FitRec’s website: [http://www.bu.edu/fitrec/about/physical-education/](http://www.bu.edu/fitrec/about/physical-education/)

Course evaluations will be sent via email at the end of the semester. Please take the time fill these out – your feedback is very important to us!

**Student Conduct:**
Boston University's codes of conduct are enforced during the program at Nashoba Valley and during transportation to and from the mountain. Participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their participation in the program revoked. Students may also be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Curriculum:**

**Snowboard Lessons**

**Beginner Zone - Level 1**
stance
board play
one and two footed straight glide to a natural stop
one footed faded J-turns

**Low J-Turns Level 2**
two footed faded J-turns
two footed J-turns

**High J-Turns Level 3**
two footed hockey stop
one footed hockey stop
intro to traverse and edge balance
sideslip
using the conveyor belt lift
**Low C-Turns Level 4**
- Traverse
- falling leaf garland
- Heel-to-toe side C-turns
- Tow to heel-side C-turns

**High C-turn Level 5**
- Heel-to-toe side C-turns
- Tow to heel-side C-turns
- Riding on the chair lift terrain

**Low S-turns level 6**
- Linked C turns
- Linked S turns

**High S-turns Level 7**
- Dynamic skidded S turns
- Carved S turns
- Park Safety
- Simple free style

**Ski lessons**

**Beginner Zone Level 1**
- Review skiing skills
- Basic Movement Activities
- Climbing skills
- Straight run to natural stop
- Gliding Wedge
- Slowing and stopping
- Beginner Area Lift riding/ Conveyor Belt, Rope Tow

**First Turns Zone Level 2**
- Dynamic Balance
- Moving in the direction of the turn
- Flattening and tipping of the skis
- Rotary movement
- Flexing
- Active inside half

**Intro to Parallel Zone Level 3 and Parallel Zone Level 4**
- Simultaneous steering and edge control
- active lateral transfer of center of mass to initiate turn
- vary size and shape of turns
- develop confidence on intermediate and expert terrain