GRANDE PRAIRIE REGIONAL COLLEGE ADULT DEVELOPMENT DEPARTMENT

COURSE INFORMATION

1989-90

COURSE OUTLINE: CROSS-COUNTRY SKIING AD053

INSTRUCTOR: William T. Shaw

Office: A 108

Telephone: 539-2027, ext. 36

DATE: January - February

Time: Tuesday 1:30 p.m. - 3:30 p.m.

ROOM: B 105

TEXTBOOK: No textbook required

COURSE DESCRIPTION:

This course will provide the student with the basic fundamentals for safe enjoyable cross-country skiing. The course will focus on waxing techniques, various poling and downhill manoeuvres.

COURSE OBJECTIVES:

The student will gain an understanding of basic crosscountry fundamentals.

The student will be able to demonstrate their knowledge of cross-country skiing and waxing techniques through assignments and practical applications.

EVALUATION:

Participatio	n	and	1	At	te	nđ	an	ce		$\widehat{\mathcal{A}}$	٠					50%
Practical .			*								*	*	*	*	•	40%
Assignments									٠							10%

Total possible mark in this course 100%