Annette Caldwell Simmons School of Education and Human Development

Department of Applied Physiology and Wellness

WELL 2131: CHOICES II: Mountain Sports

SMU IN TAOS

Southern Methodist University

Instructor: Anne G Weil Office: #113 Ft. Burgwin

Phone: 972-415-6431 Hours: By Appointment

weil@smu.edu

**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. recognize cardiorespiratory responses to acute exercise
3. demonstrate safe, effective exercise, warm-up and cool down procedures.
4. demonstrate increased cardiorespiratory endurance through increases in intensity and/or duration of workouts.
5. 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 like snowshoeing. In addition students will participate in group fitness classes. Flexibility training will be included to reduce post-exercise muscle soreness and reduce the risk of injury.

Each student will be provided with a season pass to Taos Ski Valley, ski or snowboard equipment and snowshoes for use while in Taos. A wide variety of group fitness classes will be available daily.

**Course Requirements** Students are required to attend all class meetings and 3 fitness classes.

1. **Preparation for Class/Physical Activity:** Students are expected to come to class prepared to participate in the planned activity. See course schedule for details.
2. **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: PASS/FAIL**

Students are required to attend all class meetings and 3 group fit classes.

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Day** | **Topic / Content** | **Location / Notes** |
| **January 2** | **Thursday** | **Mandatory Orientation & Course Overview** | **4-5PM @ DH** |
| **January 3** | **Friday** | **CLASS- Taos Ski Valley & Lecture** | **7:30AM-12PM Ski/Snowboard Instruction**  **12-1PM LUNCH**  **1-3PM Ski/Snowboard**  **5-7Dinner/Lecture OUT** |
| **January 4** | **Saturday** | **CLASS- Taos Ski Valley & Lecture** | **7:30AM-12PM Ski/Snowboard Instruction**  **12-1PM LUNCH**  **1-3PM Ski/Snowboard**  **5-7Dinner/Lecture ON CAMPUS** |
| **January 5** | **Sunday** | **CLASS- Taos Ski Valley & Lecture** | **7:30AM-12PM Ski/Snowboard Instruction**  **12-1PM LUNCH**  **1-3PM Ski/Snowboard**  **4PM General Campus Orientation** |
| **January 11** | **Saturday** | **CLASS- Taos Ski Valley & Lecture** | **7:30AM-12PM Ski/Snowboard Instruction**  **12-1PM LUNCH**  **1-4PM Ski/Snowboard** |
| **January 12** | **Sunday** | **Course Evaluation** | **7:30AM-12PM Ski/Snowboard Instruction**  **12-1PM LUNCH**  **1-4PM Ski/Snowboard** |

University Policies

Disability Accommodations: Students needing accommodations for a disability must first contact Ms. Rebecca Marin, coordinator, Services for Students with Disabilities (214) 768-4557\* to verify the disability and establish eligibility for accommodations. They should then schedule an appointment with the professor to make appropriate arrangements. (See University Policy No. 2.4)

Religious Observance: Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9)

Excused Absences for University Extracurricular Activities: Students participating in an officially sanctioned, scheduled University extracurricular activity will be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | **Wellness: Mountain Sports**  **CHOICES II**  **J- TERM 2014**  **SMU IN TAOS** | | | | |
|  | | | |  | | | | |
|  | | | |  | | | | |
|  | | | | SCHEDULE SUBJECT TO CHANGE! | | | | |
| Sunday | Monday | Tuesday | Wednesday | | Thursday | | Friday | Saturday |
|  |  |  | 1 | | 2  **4PM MOUNTAIN SPORTS MANDATORY CLASS MEETING** | | 3  **CLASS**  **7:30-AM-7PM** | 4  **CLASS**  **7:30-AM-7PM**  7PM Stretch & Relax\* |
|  |  |  |  | |  | |  |  |
| 5  **CLASS**  **7:30AM-4PM** | 6  6:30AM Group Fit  4:30PM Group Fit | 7  4:30PM Group Fit | 8  6:30AM Group Fit  4:30PM Group Fit | | 9  4:30PM Group Fit | | 10  6:30AM Group Fit | 11  **CLASS**  **7:30AM-4PM**  7PM Stretch & Relax\* |
|  |  |  |  | |  | |  |  |
| 12  **CLASS**  **7:30AM-4PM**  7PM Stretch & Relax\* | 13  6:30AM Group Fit | 14 | 15 | | 16 | | 17 | 18 |
|  |  |  |  | |  | |  |  |
|  | Group Fit Classes are an hour and may include: Spinning, Boot Camp, PiYo (Pilates/Yoga Fusion), CrossFit, Stretch & Relax (30min\*), and Snow Shoe Trekking. | | | | | | |  |
|  |  |
|  |  |  |  | | |  |  |  |
|  |  |  |  | | |  |  |  |
|  |  |  |  | | |  |  |  |