STUDENT WELLNESS
ACTIVITY CLASSES

STAC 161 — Beginning Ski & Snowboard

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Coordinators of Ski Program:
Brigham Young University
Neal Lundberg, Dept. Chair, RMYL 801-422-8914 (neil_lundberg@byu.edu)
Mary Beth Wald, Admin Asst. Student Wellness 801-422-5638 (marybeth_wald@byu.edu)

Sundance Ski Resort
Greg Newton – 801-223-4130
Sundance Nordic Center
Sam Palmatier – 801-223-4170

Classes meet the **first day your class is scheduled** in the **blue seats in the Smith Fieldhouse (SFH)**.
Do not bring equipment to the first class meeting. Classes meet at Sundance the remainder of the block.
**Note:** Snowboarding will be taught in all sections of StAc 161 and StAc 162.

Learning Outcomes
Throughout the semester, students will
1) Demonstrate motor skills sufficient to enjoy participation in skiing/snowboarding as a lifelong physical activity by passing a Daily Skill Acquisition Assessment
   **Students will be able to demonstrate progress in the following four areas:**
   A.  **Stance & Balance:** Center of mass remains positioned over the feet throughout the turn.
       Ankles, knees, and spine are flexed naturally to maintain balance while moving.
   B.  **Rotary:** The turning of the feet (not the torso) is the primary turning force.
   C.  **Edge Control Movements:** The edges of the skis or snowboard are engaged or disengaged in a progressive manner.
   D.  **Pressure Control Movements:** The application of placing weight on or off the skis or snowboard.
2) Demonstrate an understanding of mountain awareness, mountain responsibility, and equipment maintenance by passing a Final Exam.

Grading
- **This course is graded PASS/FAIL**
- Students must meet the following criteria to pass this course.
  1.  Pass the attendance part of the course with 80%—no more than 1 class period absent
  2.  Pass the written part of the class with 75% on the written test.
Students not meeting this criteria will receive a Fail (E) grade which will impact GPA.

**TEST**
A written examination must be taken in the Testing Center. **IMPORTANT:** The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.
Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

ATTENDANCE/PARTICIPATION
- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
- Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
- Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
- A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
- If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

Sundance Release Form: Student must go to the link provided below and sign the release form to ski at Sundance. https://www.smartwaiver.com/w/59de3eaa1cd2f/web

Injury
If you are injured during class, the ski resort has qualified patrol personnel to take care of circumstances on the hill. The ski patrol will file a report with the resort, which will be available to any interested party. The student should inform Bruce Brockbank, Ski School Director at BYU, of any injury so he can file an incident report, which will be sent to BYU Risk Management. This report is different from the report filed by the ski patrol.
To avoid failing ski class due to an injury, make sure your ski instructor knows whether you will be returning to class or withdrawing.

Transportation
1. Transportation by bus to the ski area is provided by the University
2. Buses will load at the following locations:
   • North sidewalk in front of IPF
   • Bean Museum, NE corner
   • Southeast corner of Football Parking Lot (west of LaVell Edwards Stadium C Lot 45—parking is free in this lot)
3. Students are responsible for their own equipment; do not rely on the bus drivers. Make sure you can identify your equipment. If you leave something on the bus, it will be taken to Holiday Motor Coach Co. 208-529-3900.

4. Weather conditions can prevent the buses from traveling to the resort until the roads are cleared. Occasionally the road is closed in the morning, but opens in the afternoon. To find out if the roads will be open, meet the buses.

5. Cars left in the BYU parking lots must have the appropriate University parking sticker for the lot. You will **not** need a parking sticker for the football stadium.

6. The schedule for the buses is:

<table>
<thead>
<tr>
<th>Tuesday &amp; Wednesday Classes</th>
<th>Thursday Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrives at loading area</td>
<td>Arrives at loading area</td>
</tr>
<tr>
<td></td>
<td>12:00 pm</td>
</tr>
<tr>
<td>Leaves loading area</td>
<td>12:30pm</td>
</tr>
<tr>
<td>Leaves ski area</td>
<td>4:30 pm</td>
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<td></td>
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<td></td>
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**Class Fees**

The class fee for skiing is for transportation from BYU to Sundance and back ($40) paid to BYU. Students will also be required to purchase a lift pass for each day of class ($40/day – paid to Sundance). If a student purchases a season pass, that pass can be used for the lift pass.
**Season Pass** – Each student enrolled in a ski/snowboard class will have the option the first day of class to purchase a season pass from Sundance for the pre-season price. Passes purchased during the pre-season will also be honored. The pass purchased on the first day of class is good from the first day of class to the end of the season. If a pre-season pass is purchased earlier during the regular pre-season sale timeframe, it could be used before classes begin. Cost of a season pass Adult mid-week -- $349.00 (pass good M-F and all nights including Saturday night, blacked out for MLK Monday and Presidents Monday); College Restricted -- $399 (Good anytime but black out holidays) College unlimited -- $499.00.

**Clothing**

It is very difficult to determine what the weather will be like at the resort as viewed from the valley floor. Be prepared for major differences in weather and come prepared for all ski conditions. You will be very uncomfortable if you do not wear goggles when it is snowing. Clothing should include: waterproof pants, warm parka, warm gloves, hat, sunglasses and/or goggles, sunblock.

**Equipment**

### Skiers

1. Skis: From chin height to mid-forehead. (The longer the skis, the higher the skill level.)
2. Poles: Elbow height, can vary 2” according to skill level.
3. Safety bindings and safety stops. Have them checked at a reputable ski shop.

### Snowboarders

1. Snowboard
2. Boots
3. Leash

**Equipment Rentals***

<table>
<thead>
<tr>
<th>Outdoors Unlimited</th>
<th>Sundance Ski Rental</th>
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</thead>
<tbody>
<tr>
<td>2201 N Canyon Rd, Provo</td>
<td>801-223-4121</td>
</tr>
<tr>
<td>801-422-2708</td>
<td>Sundance will offer rentals to enrolled end of the ski season. Ski/snowboards are $125.00. More details about rental options will be discussed the first day of class.</td>
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</table>

Ski rental: $110 + tax semester  
Snowboard rental: $150 + tax semester

**Schedule of Classes**

<table>
<thead>
<tr>
<th>TUES buses at noon</th>
<th>WED buses at noon</th>
<th>THURS buses at 11 am</th>
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<tbody>
<tr>
<td>Jan 16</td>
<td>Jan 17</td>
<td>Jan 18</td>
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<td>Jan 23</td>
<td>Jan 24</td>
<td>Jan 25</td>
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<td>Jan 30</td>
<td>Jan 31</td>
<td>Feb 1</td>
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<tr>
<td>Feb 6</td>
<td>Feb 7</td>
<td>Feb 8</td>
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<tr>
<td>Feb 13</td>
<td>Feb 14</td>
<td>Feb 15</td>
</tr>
<tr>
<td>None</td>
<td>Feb 21 (last day of class)</td>
<td>Feb 22 (last day of class)</td>
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<tr>
<td>Feb 27 (last day of class)</td>
<td>None</td>
<td>None</td>
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*Prices subject to change without notice.*