

experience plus some nordic ski experience.

SPECIAL FEES: \$38.00

EVALUATION: 10%-Fitness; 15%-Gear and Clothing Preparation; 20%-Skills; 35%-Attendance; 20%-Final

DESCRIPTION: This class offers intermediate and advanced instruction for those with basic skills. The class includes discussions and demonstrations of equipment, clothing, waxing and safety issues, as well as three days of intensive lessons. The usual three day outing format provides a day of track and trail techniques, plus two days of instruction in telemark and parallel skiing on cross country or ski-touring skis.

**PE-O 281 SKI TOUR I (1)**

Strong, 172 GRX

MEETS: Fri. Feb. 13-Sun. Feb. 15 (3 day outing)

FORMAT: Outing

AVERAGE CLASS SIZE: 20

PREREQUISITES: Wilderness Survival and Ski Touring Preparation (both may be taken during same term)

SPECIAL FEES: \$18.00 + Lodging TBA

EVALUATION: 15%-Fitness Test; 15%-Gear and Clothing Preparation; 20%-Skill and Skill Improvement; 50%-Attendance

DESCRIPTION: In this course, we stay in cabins in order to spend as much time as possible skiing. We ski all day in a series of lessons and short tours, and ski again by moonlight. If conditions are appropriate, we assume that participants have had no experience on skis, or want to begin with sound instruction in the basic techniques including diagonal stride, doublepoling, turns on the flat and as much of the uphill and downhill progressions as interest and ability allow.

COMMENTS: Students who do not intend to ski in backcountry or wilderness areas may want to consider the XC I class, which emphasizes in-ski-area skiing on groomed tracks and trails.

**PE-O 281 SKI TOUR II (1)**

Blanchard, 172 GRX

MEETS: Fri. March 6-Sun. March 8 (3 day outing)

FORMAT: Outing

AVERAGE CLASS SIZE: 18

PREREQUISITES: Consent of instructor

SPECIAL FEES: \$38 + Lodging TBA

EVALUATION: 15%-Fitness Test; 15%-Gear and Clothing Preparation; 20%-Skill and Skill Improvement; 50%-Attendance

DESCRIPTION: This is an adventurous trip for the competent skier. We go 50 miles in 3 days crossing the Cascade Range from Mt. Bachelor Ski area to White Branch on the lower west slope. We lose more than 4,000 feet in elevation on the last day of the outing. This is one of the premier ski routes in North America.

COMMENTS: Due to the length and strenuousness of the outing, instructor consent is required. Participants must be able to ski well with a large backpack.

**PE-O 282 SKI II (1)**

Strong, 172 GRX

MEETS: 5:30-19:00 U (8 Weeks)

FORMAT: All day outing

AVERAGE CLASS SIZE: 120

SPECIAL FEES: \$200.00-220.00

EVALUATION: 80%-Attendance; 20%-Skills

DESCRIPTION: This courses are taught on a contractual basis by one or more local ski areas. Students are transported in large "bus tour" type buses and have one, 1 1/2 hour lesson per day. The fee for the program includes transportation, lessons, ad lift tickets. Some areas include rentals at no additional cost. Price will be posted at registration.

**PE-O 284 SNOW CAMPING OUTING (1)**

Strong, 172 GRX

MEETS: Fri. Feb. 20-Sun. Feb. 22 (3 day outing)

PREREQUISITES: Wilderness Survival, Backpacking Preparation, Backpacking I and Snow Camping Preparation.

SPECIAL FEES: \$18.00

DESCRIPTION: A course for individuals who want to extend their enjoyment of the outdoors beyond the snow-free summer months. Participants do not need to be skiers. Friday will involve an easy mile or two of snowshoeing or skiing to allow plenty of time to learn how to build snow caves, igloos, and other classic snow shelters. By the end of the outing, you should be able to quickly and efficiently construct several types of snow shelters and will have spent one night in each of two major types.

**PE-O 373 AVALANCHE HAZARD INTERPRETATION (1)**

Blanchard/Strong, 172 GRX

MEETS: 15:30-17:20 W (4 Classes)

FORMAT: Lecture/Outing

AVERAGE CLASS SIZE: 18

WEEKLY READING: 1 Short book

SPECIAL FEES: \$38.00

EVALUATION: 40%-Attendance; 50%-Final

READINGS: Ditdze/Siler, UNDERSTANDING AVALANCHES

DESCRIPTION: This is a course for mountaineers and for anyone who intends to venture beyond the bounds of ski areas during the winter months. All aspects of avalanche safety will be addressed, from hazard estimation to route selection to rescue techniques. The material will be presented in the lectures and on the two outing days, where students will gain "hands on" experience.

COMMENTS: Intermediate cross country or ski touring skills are required. The class will stay overnight near Mt. Bachelor ski area, where there is a choice of camping or staying in rented accommodations (at the students' expense). The skiing may be quite easy or could be challenging depending upon weather conditions.

**PE-O 377 RIDING III (1)**

AVERAGE CLASS SIZE: 12

PREREQUISITES: RIDING II or equivalent

SPECIAL FEES: \$90.00

DESCRIPTION: Experienced riders, refine your control of the horse through level I Dressage maneuvers

such as Halt-Halt, Two-Track, and Shoulders-In.

**PE-O 378 JUMPING III (1)**

AVERAGE CLASS SIZE: 12

PREREQUISITES: JUMPING II or equivalent

SPECIAL FEES: \$100.00

**PE-O 382 SKI III (1)**

Strong, 172 GRX

MEETS: 5:30-19:00 H (8 Weeks)

FORMAT: All day outing

AVERAGE CLASS SIZE: 120

SPECIAL FEES: \$200.00-220.00

EVALUATION: 80%-Attendance; 20%-Final

DESCRIPTION: This course is taught on a contractual basis by one or more local ski areas. Students are transported in large "bus tour" type buses and have one, 1 1/2 hour lesson per day. The fee for the program includes transportation, lessons, and lift tickets. Some areas include rentals at no extra cost. Prices will be posted at registration.

**PE-O 383 SKI RACING (1)**

Strong, 172 GRX

MEETS: 5:30-19:00 H (8 Weeks)

FORMAT: All day outing

AVERAGE CLASS SIZE: 120

SPECIAL FEES: \$200.00-220.00

EVALUATION: 80%-Attendance; 20%-Final

DESCRIPTION: This course is taught on a contractual basis by one or more local ski areas. Students are transported in large "bus tour" type buses and have one, 1 1/2 hour lessons per day. The fee for the program includes transportation, lessons, and lift tickets. Some areas include rentals at no additional cost. Prices will be posted at registration.

## Team Sports

**PE-T 194 VOLLEYBALL I (1)**

AVERAGE CLASS SIZE: 28

SPECIAL FEES: \$20.00

DESCRIPTION: Don't be left out of the fun--get involved in the increasingly popular team game of Volleyball. Start by learning the beginning skills of the forearm pass (bump), overhead pass, serve, spike, and block. Enjoy playing while learning basic team formations of serve reception and free ball. If you are a novice player with little or no experience, this class is for you.

**PE-T 197 SOCCER INDOOR I (1)**

AVERAGE CLASS SIZE: 26

SPECIAL FEES: \$20.00

DESCRIPTION: Introduce yourself to the world's most popular sport. Develop your playing ability through a program of sound basics. Beginning players will learn the techniques of dribbling, passing, receiving, tackling, and cover skills through drills and games.

**PE-T 294 VOLLEYBALL II (1)**

AVERAGE CLASS SIZE: 28