

# SKI

<b>1</b>	Course Title:	SKI
<b>2</b>	Course Code:	AEB0022
<b>3</b>	Type of Course:	Optional
<b>4</b>	Level of Course:	First Cycle
<b>5</b>	Year of Study:	1
<b>6</b>	Semester:	2
<b>7</b>	ECTS Credits Allocated:	5.00
<b>8</b>	Theoretical (hour/week):	1.00
<b>9</b>	Practice (hour/week):	2.00
<b>10</b>	Laboratory (hour/week):	0
<b>11</b>	Prerequisites:	Elective
<b>12</b>	Language:	Turkish
<b>13</b>	Mode of Delivery:	Face to face
<b>14</b>	Course Coordinator:	Prof. Dr. Nimet HAŞIL KORKMAZ
<b>15</b>	Course Lecturers:	Öğr.Gör.Dr. Okan Gültekin
<b>16</b>	Contact information of the Course Coordinator:	Prof.Dr. Nimet Haşıl Korkmaz nhasil@uludag.edu.tr
<b>17</b>	Website:	<a href="http://bilgipaketi.uludag.edu.tr/Ders/IndexENG/1092629">http://bilgipaketi.uludag.edu.tr/Ders/IndexENG/1092629</a>
<b>18</b>	Objective of the Course:	Having the fundamental theoretical knowledge about skiing and ability to perform drills on snow
<b>19</b>	Contribution of the Course to Professional Development:	Recognizes skiing sport and can improve himself / herself in this regard.
<b>20</b>	Learning Outcomes:	
		<b>1</b> Knows the necessary equipment for skiing.
		<b>2</b> Knows the basic terms in skiing
		<b>3</b> Knows and applies basic techniques in skiing
		<b>4</b> Demonstrates the basic parallel in skiing theoretically and practically
		<b>5</b> Have the skill of parallel gliding in skiing.
		<b>6</b>
		<b>7</b>
		<b>8</b>
		<b>9</b>
		<b>10</b>
<b>21</b>	Course Content:	
		<b>Course Content:</b>
Week	Theoretical	Practice
<b>1</b>	Ski material selection and information about the material.	Information about ski equipment selection and equipment. And application in the field
<b>2</b>	Technical Terms in Skiing	Appropriate slope selection, skiing, walking and posture.
<b>3</b>	Mountain side, Valley side, Weight Transfer	Step Stairs and steps Fishbone ascent and fall, get up studies.
<b>4</b>	Considerations when skiing	Snow-plug position and exercises



<b>ÖK5</b>	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
<b>LO: Learning Objectives    PQ: Program Qualifications</b>																
<b>Contribution Level:</b>	<b>1 very low</b>			<b>2 low</b>			<b>3 Medium</b>			<b>4 High</b>			<b>5 Very High</b>			