

SKI

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

5	Video analysis for snow plow technical studies	Snow-plug practices
6	Snow Plow Return and video analysis	Snow-plug turns and practices
7	Snow Plow Return and video analysis	Snow-plug turns and practices
8	Video analytics for Simple Return	Moving from simple turns to snow-plug turns.
9	Technical terms to consider when switching from snow plow to simple turn	Moving from simple turns to snow-plug turns.
10	Analysis of the Back to the Mountain studies	Transition from simple turns to retention
11	Video analysis of transition from simple turns to Returns	Transition from simple turns to retention
12	Video analysis of Return to Retention (Step Return) studies	turns to retention (step turns)
13	Video analysis of basic parallel work	Basic Parallel turn practices
14	Repetition of topics	Repetition of topics
22	Textbooks, References and/or Other Materials:	Nat Brown, 1999, Complete Guide To Cross Country Ski Preparation. Cevdet Bereket, 2000, Uluslararası Kayak Yarışmaları. John Moynier, 2003, Cross - Country (Racing) Cross-Country Skiing. Salih Kurdakul "Kayak" Adam Yayınları
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBER
Midterm Exam		1
Quiz		0
Homeworks, Performances		0
Final Exam		1
Total		2
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		Classic questions and practice exams
24	ECTS / WORK LOAD TABLE	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	14	8.00	112.00
Homeworks, Performances	0	0.00	0.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Midterm exams	1	1.00	1.00
Others	0	0.00	0.00
Final Exams	1	1.00	1.00
Total Work Load			156.00
Total work load/ 30 hr			5.20
ECTS Credit of the Course			5.00

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
ÖK5	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			