

SKI

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| 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 |

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| 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 retentation |
| 11 | Video analysis of transition from simple turns to Returns | Transition from simple turns to retentation |
| 12 | Video analysis of Return to Retention (Step Return) studies | turns to retentation (step turns) |
| 13 | Video analysis of basic parallel work | Basic Parallel turn practices |
| 14 | Repetition of topics | Repetition of topics |

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| <p>22</p> | <p>Textbooks, References and/or Other Materials:</p> | <p>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</p> |
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| 23 | Assesment |
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| TERM LEARNING ACTIVITIES | NUMBE | WEIGHT | | |
|----------------------------|-------|--------|-----------------|------------------------|
| Activites | | Number | Duration (hour) | Total Work Load (hour) |
| Theoretical | | | | |
| Home work-project | 0 | 0 | 1.00 | 14.00 |
| Practicals/Labs | | 14 | 2.00 | 28.00 |
| Self study and preperation | 2 | 10 | 8.00 | 112.00 |
| Homeworks | | 0 | 0.00 | 0.00 |
| Success Grade Projects | | 0 | 0.00 | 0.00 |
| Field Studies | | 0 | 0.00 | 0.00 |
| Mid term exams | | 1 | 1.00 | 1.00 |
| Others | | 0 | 0.00 | 0.00 |
| Course 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 |

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| ÖK5 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| LO: Learning Objectives PQ: Program Qualifications | | | | | | | | | | | | | | | | |
| Contrib ution Level: | 1 very low | | | 2 low | | | 3 Medium | | | 4 High | | | 5 Very High | | | |