SKI											
1	Course Title:	SKI									
2	Course Code:	AEB002	2								
3	Type of Course:	Optional									
4	Level of Course:	First Cyc	cle								
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 fundemental theoritical 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 an practically								
		5	Have the skill of parallel gliding in skiing.								
		6									
		7									
		8									
		9									
		10									
21	Course Content:										
	Course Content:										
	Theoretical		Practice								
1	Ski material selection and information the material.	n about	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 T	ransfer	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 technic studies	al	Snow-plug practices							
6	Snow Plow Return and video analysi	s	Snow-plug turns and practices							
7	Snow Plow Return and video analysi	S	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 sw from snow plow to simple turn	vitching	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 simp to Returns	ole turns	Transition from simple turns to retentation							
12	Video analysis of Return to Retention Return) studies	n (Step	turns to retentation (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 L	EARNING ACTIVITIES	NUMBE R	WEIGHT							
Midtern	n Exam	1	40.00							
Quiz		0	0.00							
Home v	vork-project	0	0.00							
Final E	xam	1	60.00							
Total		2	100.00							
	ution of Term (Year) Learning Activitions S Grade	es to	40.00							
Contrib	ution of Final Exam to Success Grade	9	60.00							
Total			100.00							
Measur Course	•	sed in the	Classic questions and practice exams							
24	ECTS / WORK LOAD TABLE									

Activites	vites								Numb	er		Dura	Duration (hour)			Total Work Load (hour)	
Theoretical												1.00	1.00			14.00	
Practicals/L	Practicals/Labs											2.00	2.00			28.00	
Self study a	Self study and preperation											8.00	8.00			112.00	
Homework	S							(	)			0.00			0.00		
Projects								(	)			0.00	0.00			0.00	
Field Studie	es							(	0			0.00	0.00			0.00	
Midterm ex	ams							1	1			1.00			1.00		
Others	Others								0			0.00			0.00		
Final Exam	ıs							1	1			1.00	1.00				
Total Work	Load												156.00				
Total work	Total work load/ 30 hr														5.20		
ECTS Cred	ECTS Credit of the Course														5.00		
25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS																
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1 3	PQ14	PQ15	PQ16	
ÖK1	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS																
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ1 0	PQ11	PQ12	PQ1	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																	
Contrib ution Level:	n			2	2 low			3 Medium			4 High			5 Very High			