

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:	Nİmet Haşıl Korkmaz
16	Contact information of the Course Coordinator:	otekin@uludag.edu.tr , 0 224 294 06 99 Uludağ Üniversitesi Eğitim Fakültesi Beden Eğitimi ve Spor Bölümü
17	Website:	
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:	
20	Learning Outcomes:	
	1	Learning definition, history, scientific principles, physiological effects, competition and security rules of skiing and application basic skill.
	2	At the end of this course, the student; Will be able to learn about concept and knowledge of Psychomotor Development
	3	To become complex abilities with optimal learning models in learning periods
	4	The measurement process of the students made for determining the physical and sporting development of evaluation, interpretation and feedback of results to provide
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21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Ski material selection and information about the material.	

2		Appropriate slope selection, skiing, walking and posture.
3		Step Stairs and steps Fishbone ascent and fall, get up studies.
4		Snow-plug position and exercises
5		Snow-plug practices
6		Snow-plug turns and practices
7		Midterm
8		Moving from simple turns to snow-plug turns.
9		Moving from simple turns to snow-plug turns.
10		Transition from simple turns to retention
11		Transition from simple turns to retention
12		turns to retention (step turns)
13		Parallel turn practices
14		Final

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.

23	Assesment
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TERM I LEARNING ACTIVITIES	NUMBER	WEIGHT		
Activities		Number	Duration (hour)	Total Work Load (hour)
Theoretical		14		
Home work-project	0	0.00	2.00	28.00
Practicals/Labs		0	0.00	0.00
Self study and preparation		6		
Total	2	100.00	5.00	35.00
Homeworks		0	0.00	0.00
Projects		0	0.00	0.00
Projects Grade		0	0.00	0.00
Field Studies		4	5.00	20.00
Midterm exams		1		
Total		100.00	6.00	6.00
Others		0	0.00	0.00
Final Exams		1	5.00	5.00
Total				
Total Work Load				94.00
Total work load/ 30 hr				3.13
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	4	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	4	0	0	0	0	0	0	0	0	0	5	0	0	0	0	0
ÖK3	0	5	0	0	0	0	0	0	0	0	0	5	0	0	0	0
ÖK4	0	0	4	0	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
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