

SKI II

1	Course Title:	SKI II
2	Course Code:	AEB3126
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	3
6	Semester:	6
7	ECTS Credits Allocated:	6.00
8	Theoretical (hour/week):	2.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	Having taken Ski Expertise 1 course
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Dr. Öğr. Üyesi OKAN GÜLTEKİN
15	Course Lecturers:	Prof.Dr. Nimet Haşıl Korkmaz nhasil@uludag.edu.tr
16	Contact information of the Course Coordinator:	Dr. Okan Gültekin otekin@uludag.edu.tr , 0 224 294 06 99 B U Ü, Spor Bilimleri Fakültesi, Beden Eğitimi ve Spor Öğretmenliği Bölümü AD
17	Website:	
18	Objective of the Course:	Comprehend the techniques and teaching methods need to be developed motoric features that will be held in ski basic education and development of skills in relation thereto.
19	Contribution of the Course to Professional Development:	To be competent in the ski branch.
20	Learning Outcomes:	
	1	Have information about skiing
	2	Have practical skills in ski sport.
	3	Knows the technical terms in skiing and shows them how to apply them.
	4	Skiing develops in different track characteristics
	5	Can do slalom exercises in Alpine Skiing
	6	Can do giant slalom exercises in Alpine Skiing
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21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Updating information about skiing	Updating information about skiing on snow
2	Technical terms used in skiing	Explanation of technical terms used in skiing on snow.
3	Advanced skiing techniques	Explanation of Advanced skiing techniques on snow
4	Advanced skiing techniques	Application of advanced skiing techniques

5	The theory of gate work in ski (Slalom)	Gate work in ski (Slalom)
6	The theory of gate operations at different track lengths on ski (Slalom)	Gate works at different track lengths on ski (Slalom)
7	The theory of gate work in ski (Giant Slalom)	Gate work in ski (Giant Slalom)
8	The theory of gate work at different track lengths on ski (Giant Slalom)	Gate works on different track lengths on ski (Giant Slalom)
9	Characteristics of skiers	Characteristics of skiers and application of gliding styles
10	Things to be done to gain the ability to slide on different tracks and snow types	Application studies to gain the ability to slide on different tracks and snow types
11	Things to be done to gain the ability to slide on different tracks and snow types	Application studies to gain the ability to slide on different tracks and snow types
12	Things to be done to gain the ability to slide on different tracks and snow types	Application studies to gain the ability to slide on different tracks and snow types
13	Ski competition types	Sliding through competition gates
14	Ski competition types	Sliding through competition gates

<p>22</p> <p>Textbooks, References and/or Other Materials:</p>	<p>Nat Brown, 1999, Complete Guide To Cross Country Ski Preparation.</p> <p>Cevdet Bereket, 2000, Uluslararası Kayak Yarışmaları.</p> <p>John Moynier, 2003, Cross - Country (Racing) Cross-Country Skiing.</p> <p>Kayak Tarihi. Gazi Kitabevi · Yavuz Tanyeri. Cilt Durumu Ciltsiz. Sayfa Sayısı 341</p> <p>Salih Kurdakul "Kayaké Adam Yayınları</p> <p>Gültekin Okan, Mekanik Prensipleriyle Kayak (Alp Disiplini)Efe Akdemi Yayınları2021 ISBN: 978-625-44453-</p>
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Activities	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	2.00	28.00
Midterm Exams	1	1.00	1.00
Practicals/Labs	14	2.00	28.00
Self study and preparation	30	4.00	120.00
Homeworks	0	0.00	0.00
Final Exam	1	0.00	0.00
Projects	0	0.00	0.00
Field Studies	0	0.00	0.00
Contribution of Term (Year) Learning Activities to Success Grade	1	1.00	1.00
Others	0	0.00	0.00
Contribution of Final Exam to Success Grade	1	1.00	1.00
Final Exams	1	1.00	1.00
Total	100		
Total Work Load			179.00
Measurement and Evaluation Techniques Used in the Course	Theory and practice exam		5.93
ECTS Credit of the Course			6.00

[illegible]

ÖK5	0	0	0	0	4	0	0	4	4	0	0	0	0	0	0	0
ÖK6	0	0	0	0	0	4	4	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							