

SKI I

1	Course Title:	SKI I
2	Course Code:	AEB2125
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	2
6	Semester:	3
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:	-
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:	Delivering the equipment that can be equipped with the Ski Trainer
19	Contribution of the Course to Professional Development:	Being competent in the ski branch
20	Learning Outcomes:	
	1	to learn and apply the basic knowledge of ski sport with the trainings of owning and sliding techniques.
	2	To plan, process and evaluate a specific lesson with the knowledge and skills acquired within the program
	3	To understand the guidance of the coach and the ways to recognize the student
	4	To understand the guidance of the coach and the ways to recognize the student
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21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	Ski material selection and information about the material.	Ski equipment selection and testing and examination on land

2	Mechanical examination of suitable track selection, ski attachment and detachment, straight sliding, walking and standing	Selection of suitable tracks, skiing and docking, straight sliding, walking and standing position demonstration.		
3	Mechanical examination of ladder-step climbing, fishbone climbing and straight slipping	Step Stairs and steps Fishbone ascent and fall, get up studies.		
4	Mechanical examination of snow plow position and exercises	Snow-plug position and exercises		
5	Mechanical examination of snow plow position and exercises	Snow-plug practices		
6	Snow Plow rotation and mechanical examination of exercises	Snow-plug turns and practices		
7	Snow Plow rotation and mechanical examination of exercises	Moving from simple turns to snow-plug turns.		
8	Snow Plow rotation and mechanical examination of exercises	Moving from simple turns to snow-plug turns.		
9	Snow Plow rotation and mechanical examination of exercises	Moving from simple turns to snow-plug turns.		
10	Mechanical examination of transition from simple turns to retention turns	Transition from simple turns to retentation		
11	Mechanical examination of transition from simple turns to retention turns	Transition from simple turns to retentation		
12	Mechanical examination of Return to Retention (Step Return) studies	turns to retentation (step turns)		
13	Mechanical examination of Parallel Rotation studies	Parallel turn practices		
Activites		Number	Duration (hour)	Total Work Load (hour)
22	Theoretical Materials:	Preparation.	2.00	28.00
Practicals/Labs		14	2.00	28.00
Self study and preperation		Country Skiing.	4.00	56.00
Homeworks		14	2.00	28.00
Projects		Sahin Kurdakul "Kayaké Adam Yayınları	0.00	0.00
Field Studies		0	0.00	0.00
Midterm exams		1-2	0.00	0.00
Others		40	1.00	40.00
TERM LEARNING ACTIVITIES		NUMBER	WEIGHT	
Final Exams			0.00	0.00
Total Work Load				180.00
Total work load/ 30 hr		0	0.00	6.00
Quiz				
ECTS Credit of the Course				6.00
Final Exam		1	60.00	
Total		2	100.00	
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		Theory and practice exam		
24	ECTS / WORK LOAD TABLE			

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	3	3	4	0	0	0	0	0	0	0	0	0	0	0	0
ÖK2	0	4	0	4	0	0	0	0	0	0	0	0	0	0	0	0
ÖK3	4	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0
ÖK4	5	5	0	4	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				