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| BACHELOR DEGREE**PHYSICAL EDUCATION AND SPORTS**2ND YEAR OF STUDY, 2ND SEMESTER |

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| **Course title** | | **THEORY AND PRACTICE OF WINTER SPORTS: ALPINE SKIING** |
| Course code | | SL1211259 |
| Course type | | tutorial |
| Course level | | 1st cycle (bachelor’s degree) |
| Year of study, semester | | 1ST year of study, 2nd semester |
| Number of ECTS credits | | 4 |
| Number of hours per week | | 4 (2 lecture hours + 2 seminar hours) |
| Name of lecture holder | | UNGUREAN BOGDAN CONSTANTIN |
| Name of seminar holder | | UNGUREAN BOGDAN CONSTANTIN |
| Prerequisites | | Advanced level of English |
| A | **General and course-specific competences** | |
|  | **General competences**:   * Modular design and planning the basic contents of the field with interdisciplinary orientation * The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical therapy, the attitude towards the independent practice of the physical exercise * Description and demonstration of specific operational systems for physical therapy, by age groups * Evaluation of the level of training of practitioners of physical education and sports activities   **Course-specific competences**:   * Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology * Fulfillment of efficient and effective work tasks for organizing and conducting sports activities | |
| B | **Learning outcomes** | |
|  | * Implementation of a system of theoretical knowledge and applications specific to winter sports in order to be used later in the professional activity of students. * Accumulation of theoretical and practical knowledge specific to alpine skiing. * Ability to organize and conduct sports activities specific to winter sports. | |
| C | **Lecture content** | |
|  | * Short history of skiing * Equipment * Ski lesson * The general basis of skiing methodology * The factors that favor the ski training process * Methodical peculiarities in ski learning * Accommodation and travel with skis * Direction changes on flat ground * The oblique descent * Braking * Braking in the plow * Bypasses by stepping * Bypasses with parallel skis * Recapitulation activity | |
| D | **Recommended reading for lectures** | |
|  | * Nistor, R., Nistor, C., Muntean, M.C. (2010) *The implementation of austrian mountain tourism experience in romanian mountain tourism*, World Scientific and Engineering Academy and Society, Latest Trends on Cultural Heritage and Tourism, pp. 229-234; * Rodrigue, J.P., Comtois, C., Slack, B. (2006), *The Geography of Transport Systems*, Routledge, New York; * Ursu, L., Palamar, P. (2015) Rural tourism in Bucovina, Ed. Mușatinii, Suceava. | |
| E | **Seminar content** | |
|  | * Accommodation with equipment * Accommodation and travel with skis slipping * Falling and rising from the flat and sloping descents walking * Sliding by simultaneous push * Direction changes on flat ground * Turns. Climb the slope * Direct descent. The oblique descent * Braking in the plow. Braking * Detours. Bypass by stepping * Bypass with the parallel skis | |
| F | **Recommended reading for seminars** | |
|  | * Nistor, R., Nistor, C., Muntean, M.C. (2010) The implementation of austrian mountain tourism experience in romanian mountain tourism, World Scientific and Engineering Academy and Society, Latest Trends on Cultural Heritage and Tourism, pp. 229-234; * Rodrigue, J.P., Comtois, C., Slack, B. (2006), The Geography of Transport Systems, Routledge, New York; * Ursu, L., Palamar, P. (2015) Rural tourism in Bucovina, Ed. Mușatinii, Suceava. | |
| G | **Education style** | |
| learning and teaching methods | | Interactive lectures, explanation, demonstrations, viewing material and so on |
| assessment methods | | Practical and teoretical evaluation |
| Language of instruction | | English |