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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
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| 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.
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| 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
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| 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.
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| 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
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| 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.
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| 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 |