

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 | 1 st cycle (bachelor's degree) |
| YEAR OF STUDY, SEMESTER | 1 ST year of study, 2 nd 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 |
| | <p>General competences:</p> <ul style="list-style-type: none"> → 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 <p>Course-specific competences:</p> <ul style="list-style-type: none"> → 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 |
| | <ul style="list-style-type: none"> → 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 |
| | <ul style="list-style-type: none"> • 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 |
| | <ul style="list-style-type: none"> • Nistor, R., Nistor, C., Muntean, M.C. (2010) <i>The implementation of austrian mountain tourism experience in romanian mountain tourism</i>, World Scientific and Engineering Academy and Society, Latest Trends on Cultural Heritage and Tourism, pp. 229-234; |

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| | <ul style="list-style-type: none"> • Rodrigue, J.P., Comtois, C., Slack, B. (2006), <i>The Geography of Transport Systems</i>, Routledge, New York; • Ursu, L., Palamar, P. (2015) Rural tourism in Bucovina, Ed. Muşatinii, Suceava. |
| E | SEMINAR CONTENT |
| | <ul style="list-style-type: none"> • 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 |
| | <ul style="list-style-type: none"> • 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), <i>The Geography of Transport Systems</i>, Routledge, New York; • Ursu, L., Palamar, P. (2015) Rural tourism in Bucovina, Ed. Muşatinii, 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 |