



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Ski							
Course Code		REKB225		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	101 ( <i>Hours</i> )	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		To be able to apply basic skiing techniques without problems.							
Course Content		Examining the history and development of skiing, teaching the basic theory and practice of alpine discipline.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Altıparmak E. Kayak Eğitimi Ders Notları İzmir, 2005 Tanyeri. Y. Kayak Tunçel E. Kayak Tekniği ve Öğretimi (Alp Disiplini) Ders Notları İzmir 2011
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Week	Weekly Detailed Course Contents	
1	Theoretical	To be able to distinguish the types of skiing and the difference of life on the mountain
2	Theoretical	Ski equipment and selection
3	Theoretical	Carrying skis, baton holding and skiing
4	Theoretical	Basic posture in skiing and skiing
5	Theoretical	Turning in stop state, falling and getting up
6	Theoretical	Climbing and varieties
7	Theoretical	Flat slip Snow plows and turns
8	Theoretical	Midterm exam
9	Theoretical	Snow plows and turns
10	Theoretical	Lift, chairlift use
11	Theoretical	Slope gliding
12	Theoretical	Slope gliding, Parallel gliding and turns
13	Theoretical	Exercises and reinforcing techniques learned
14	Theoretical	Exercises and reinforcing techniques learned
15	Final Exam	Final exam

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	2	1	42
Lecture - Practice	14	2	1	42
Midterm Examination	1	5	2	7
Final Examination	1	8	2	10
Total Workload (Hours)				101
[Total Workload (Hours) / 25*] = ECTS				4

\*25 hour workload is accepted as 1 ECTS



**Learning Outcomes**

1	Knows the historical development and basic theory of skiing.
2	Apply basic techniques of skiing.
3	Has knowledge about skiing disability and diseases.
4	Has the knowledge and skills to use the necessary equipment in skiing.
5	To be able to apply the rotations in the stop state by performing the fall and the lift

**Programme Outcomes (Recreation)**

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfill responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfill scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

