

1. GENERAL INFORMATION			
1.1. Course teacher	Prof. Bojan Matković, Ph.D.	1.6. Year of the study programme	3
1.2. Name of the course	SKIING	1.7. Credits (ECTS)	6
1.3. Associate teachers	Assist. Prof. Vjekoslav Cigrovski, Ph.D.	1.8. Type of instruction (number of hours L + S + E + e-learning)	75 (45L+30E)
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	200 students
1.5. Status of the course	Mandatory	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	Level 1
2. COURSE DESCRIPTION			
2.1. Course objectives	The students will acquire basic theoretical, theoretical-practical and practical information about skiing as a kinesiological activity. There are two main objectives: (1) a student must learn the elements of skiing techniques so he/she can adequately demonstrate them, and (2) a student must acquire the command of specific teaching methods so that he/she will be able to teach others the basics of skiing techniques.		
2.2. Course enrolment requirements and entry competences required for the course	No enrollment requirements.		
2.3. Learning outcomes at the level of the programme to which the course contributes	The students will master the basic elements of alpine skiing techniques and they will also gain command of specific teaching methods. Upon completion of the course, students will be empowered to teach others the basic elements of skiing techniques and they will also be prepared to organize and implement winter ski camps for elementary school, high school and college-age children and youth.		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>The students will be able to:</p> <ul style="list-style-type: none"> • teach students (elementary school, high school and college level) the basics of alpine skiing; • recognize and differentiate between various skiing technique elements; • apply the teaching methods in alpine skiing; • analyze and recognize the criteria for evaluation of the level of performance of alpine skiing technique; • devise the basics of winter ski camp daily routines for students on all levels of education; • organize winter ski camps for students on all levels of education. 		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	<p>Theoretical lectures</p> <ol style="list-style-type: none"> 1. Historical development of skiing. (2L) 2. Skiing equipment. (2L) 3. Skiing techniques (plowing, parallel, carving, stem). (2L) 4. Basic skiing motions and turn analysis. (2L) 5. Teaching methods in alpine skiing. (2L) 		

	<p>6. Skiing as a competitive sport - alpine and nordic skiing (organization and rules of competition). (2L)</p> <p>7. Dangers in the mountains. (2L)</p> <p>8. Skiing in winter camps. (2L)</p> <p>9. Skiing as a school sport. (1L)</p> <p>Theoretical-practical lectures (each subject takes 2 hours to complete)</p> <ol style="list-style-type: none"> 1. Kinesiological analysis of the skating step 2. Kinesiological analysis of the downhill 3. Kinesiological analysis of the downhill snowplow 4. Kinesiological analysis of the diagonal snowplow 5. Kinesiological analysis of the snowplow turn 6. Kinesiological analysis of the snowplow arch 7. Kinesiological analysis of the basic turn 8. Kinesiological analysis of the parallel turn 9. Kinesiological analysis of the basic quick turns 10. Kinesiological analysis of the jump 11. Kinesiological analysis of stem technique 12. Kinesiological analysis of carving technique <p>Exercises</p> <ol style="list-style-type: none"> 1. Teaching methods and exercises for practicing the skating step (2L) 2. Teaching methods and exercises for practicing the downhill (2L) 3. Teaching methods and exercises for practicing the downhill snowplow (2L) 4. Teaching methods and exercises for practicing the diagonal snowplow (2L) 5. Teaching methods and exercises for practicing the snowplow turn (2L) 6. Teaching methods and exercises for practicing the snowplow arch (2L) 7. Teaching methods and exercises for practicing the basic turn (2L) 8. Teaching methods and exercises for practicing the parallel turn (2L) 9. Teaching methods and exercises for practicing the basic quick turns (2L) 10. Teaching methods and exercises for practicing the jump (2L) 11. Teaching methods and exercises for practicing stem technique (2L) 12. Teaching methods and exercises for practicing carving technique (4L) 					
2.6.Format of instruction:	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> on line in entirety <input type="checkbox"/> partial e-learning <input checked="" type="checkbox"/> field work	<input type="checkbox"/> independent assignments <input checked="" type="checkbox"/> multimedia and the internet <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)	2.7.Comments:			
2.8.Student responsibilities	Attending all forms of classes.					
2.9.Screening student work (name the proportion of ECTS credits for	Class attendance	2	Research		Practical training	
	Experimental work		Report		(other)	

<i>each activity so that the total number of ECTS credits is equal to the ECTS value of the course)</i>	Essay		Seminar essay		(other)	
	Tests	2	Oral exam	1	(other)	
	Written exam	1	Project		(other)	
2.10. Grading and evaluating student work in class and at the final exam	Class attendance = 33.3% Written exam = 16.7% Test = 33.3% Oral exam = 16.7%					
2.11. Required literature (available in the library and via other media)	Title				Number of copies in the library	Availability via other media
	1. Matković B, Ferenčak S, Žvan M. (2004). Skijajmo zajedno. Zagreb: Europapress holding i FERBOS inženjering.					
	2. Cvetnić, R. (2004). 110 godina skijanja u Zagrebu i Hrvatskoj, od prve skijaške udruge do danas. Zagreb: Pop & pop i Zagrebački skijaški savez.					
	3. Jajčević, Z. (1994). 100 godina skijanja u Zagrebu 1894 – 1994. Zagreb: Zagrebački skijaški savez.					
2.12. Optional literature (at the time of submission of study programme proposal)	1. Lešnik, B., Žvan, M. (2007). Naše smučine, teorija in metodika alpskega smučanja. Ljubljana: SZS-ZUTS. 2. Cigrovski, V., Matković, B., Prlenda, N. (2009). Povezanost ravnoteže s procesom usvajanja skijaških znanja. Hrvatski športskomedicinski vjesnik, 24 (1): 25-29. 3. Cigrovski, V., Matković, B., Malec, L. (2009). Skijaško trčanje kao jedan od sadržaja sporta i rekreacije u zimsko vrijeme. u: Zbornik radova Upravljanje slobodnim vremenom sadržajima sporta i rekreacije, Zagreb, 22. 02. 2009., 267-271. 4. Cigrovski, V., Matković, B., Ivanec, D. (2008). Uloga psiholoških čimbenika u procesu stjecanja skijaških znanja. Hrvatski športskomedicinski vjesnik, 23 (1): 45-50. 5. Cigrovski, V., Matković, B. (2008). Značaj primjene plužne skijaške tehnike u procesu učenja skijaških početnika. u: Zbornik radova 17. ljetna škola kineziologa Hrvatske, Poreč, 24. – 28. 06. 2008., 487-491.					
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.					