# COURSE OUTLINE SKIING TRAINING AND TEACHING

## 1. GENERAL

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| **SCHOOL** | PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY |
| **DEPARTMENT** | PHYSICAL EDUCATION AND SPORT SCIENCE |
| **LEVEL OF STUDIES** | ISCED level 6 – Bachelor's or equivalent level |
| **COURSE CODE** | C027     **SEMESTER**   3$^{RD}$ and 4$^{TH}$ |
| **COURSE TITLE** | SKIING TRAINING AND TEACHING |

| **TEACHING ACTIVITIES** *If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.* | **TEACHING HOURS PER WEEK** | **ECTS CREDITS** |
|---|---|---|
| | 2 | 3 |
| *Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.* | | |

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| **COURSE TYPE** *Background, General Knowledge, Scientific Area, Skill Development* | SKILL DEVELOPMENT |
| **PREREQUISITES:** | NO |
| **TEACHING & EXAMINATION LANGUAGE:** | GREEK/ENGLISH |
| **COURSE OFFERED TO ERASMUS STUDENTS:** | YES |
| **COURSE URL:** | https://eclass.duth.gr/courses/1021376/ |

## 2. LEARNING OUTCOMES

| **Learning Outcomes** |
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| *Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.* |

Upon successfully completing the course, students will be able to:

- *Know the basic elements of skiing (progression, ski resorts), in Greece and internationally. Rules, safety on the slopes and survival in extreme conditions.*
- *Know the types of competitive skiing (downhill and endurance trails), basic elements of downhill skiing technique and methodology and will understand the regulations for conducting competitions.*
- *ow how to use equipment and lifts*
- *Know how to perform the basic skills of downhill skiing at a satisfactory level and safely perform descents on a slope with a high degree of difficulty.*

| **General Skills** |
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| *Name the desirable general skills upon successful completion of the module* |

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| *Search, analysis and synthesis of data and information,* | *Project design and management* |
| *ICT Use* | *Equity and Inclusion* |
| *Adaptation to new situations* | *Respect for the natural environment* |
| *Decision making* | *Sustainability* |

- *Adaptation to new situations*
- *Project planning and management*
- *Autonomous work*
- *Teamwork*
- *Respect for the natural environment*

## 3. COURSE CONTENT

1. *Snow sports.*

2. *Evolution of skiing and ski resorts, in Greece and internationally.*

3. *Safety rules on the piste and rules of living in extreme mountain conditions.*

4. *Types and use of lifts (LIFT).*

5. *Types of competitive skiing (speed and endurance competitions) and competition regulations.*

6-7. *VIDEO screening of downhill skiing competitions (slalom, giant slalom, endurance roads) of international-level athletes, where the students' attention is focused on the level of technique of turns and the "door" passage.*

8. *Equipment and maintenance in downhill skiing.*

9. *Basic elements of downhill skiing technique and methodology.*

10. *Learning and practicing improving the skills of downhill skiing technique.*

11. *Practicing with pre-exercises to learn the braking technique*

12. *Practicing with pre-exercises to learn the gate-passing technique on a moderate slope.*

13. *Practicing with pre-exercises to learn the parallel skiing technique.*

## 4. LEARNING & TEACHING METHODS - EVALUATION

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| **TEACHING METHOD**<br>*Face to face, Distance learning, etc.* | Theoretical teaching and practical application in person or remotely due to special circumstances<br><br>• Lectures 40% in person or remotely due to special circumstances<br>• Practical training 60% |
| **USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT)**<br>*Use of ICT in Teaching, in Laboratory Education, in Communication with students* | Use of ICT in Teaching<br>• digital slides/presentations<br>• video<br>• MsTeams/ e-class, webmail |
| **TEACHING ORGANIZATION**<br>*The ways and methods of teaching are described in detail.*<br>*Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.* | <table><tr><td>***Activity***</td><td>***Workload/semester***</td></tr><tr><td>Lectures</td><td>26</td></tr><tr><td>Interactive teaching</td><td>15</td></tr><tr><td>Practical training</td><td>24</td></tr><tr><td>Literature study and analysis</td><td>10</td></tr><tr><td>Total Course</td><td>**75**</td></tr></table> |

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| *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.* | |
| **STUDENT EVALUATION**<br><br>*Description of the evaluation process*<br><br>*Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam,*<br><br>*Presentation in audience, Laboratory Report,*<br><br>*Clinical examination of a patient, Artistic interpretation, Other/Others*<br><br>*Please indicate all relevant information about the course assessment and how students are informed* | • Written exam 40%<br>• Practical exam 60% |

## 5. SUGGESTED BIBLIOGRAPHY

1. *Amoutzas K., Theodosiou A., Mantis K., Pylianidis Th. (2009). Skiing notes. Publications TEFAA/DPTH Publications Service.*
2. *Giovanis V. (2006). Skiing Technique. ELVEKALT Publications Ltd., Athens*

# ANNEX OF THE COURSE OUTLINE

# Alternative ways of examining a course in emergency situations

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| **Teacher (full name):** | PAPADIMITRIOU KATERINA |
| **Contact details:** | kpapadim@phyed.duth.gr |
| **Supervisors:** | YES |
| **Evaluation methods:** | Written exam 40%<br>Practical exam 60% |
| **Implementation Instructions:** | Homework must be submitted via e-class on a specified date. For the written exam, you will be linked to the corresponding remote exam link. |