



Subject: Winter camp – skiing or snowboarding

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Water and Winter Sports Chairman: dr Michał Staniszewski
Course name	Winter camp – skiing or snowboarding
Subject code	WFI-44
Teaching language	English
Type of subject (obligatory/ facultative)	facultative
Level of studies (eg. bachelor, master)	bachelor
Study year	2
Semester	3
ECTS points	5
Professor	Michał Staniszewski
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	Winter camp in the mountains
Prerequisites	none

DETAILED INFORMATION

Course aims and objectives

Preparing students for teaching alpine skiing or snowboarding at the basic level of skills at the winter camp. Mastering exercises and skills in the field of skiing or snowboarding. Understanding the basic content of teaching techniques and methodology in winter sports during winter camps.

Main topics

No	Topic
Lectures/classes	
1.	Organizational forms of winter camps and regulations, rules of safe stay and cooperation at training camps and winter camps.
2.	Practical familiarization of students with the principles and methods of work ensuring the safety of ski and snowboard classes.

3.	Familiarization with equipment and the environment. Games and activities in teaching snow sports
4.	Learning the correct skiing or snowboarding position and methods of moving on the slope.
5.	Learning the basic forms of sliding down the slope and braking as well as riding a lift.
6.	Learning the basic forms of changing direction.
7.	Technique and methodology of teaching the basic elements of alpine skiing or snowboarding.
8.	Safety of moving in the mountains and rules of first aid.
9.	Analysis of skiing or snowboarding technique.
10.	Construction and rules for choosing ski or snowboard equipment.
11.	Technique and methodology of teaching selected intermediate elements of alpine skiing or snowboarding.
12.	Perfecting selected ski or snowboard stunts
13.	Ski or snowboard trip. Elements of competition in skiing or snowboarding.
14.	Improving the skills of skiing or snowboarding with selected ski or snowboard stunts

CONDITIONS FOR PASSING CLASSES:

The condition for passing the winter camp is obligatory participation in classes, an attitude worthy of a student (compliance with the rules of the camp and the center) and obtaining a positive grade from the final test. The practical pass consists of a ride on selected technical stunts, and the final grade is the average grade from individual evolutions.

1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	58
2. Developing your own fitness/improving technical skills	37
3. Preparation for evaluations	30
Total = 125	

Author of the class card:	Name, surname and email
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