

CLASS CARD**Winter camp – skiing or snowboarding**

Basic classes	Code in the study plan	ECTS
Optional classes	WFI-44	5

Education profile	practical
Faculty and field of study	Faculty of Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	Michał Staniszewski
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	2 nd year, 3 rd semester
Language	English
Method of realization (stationary/ distance learning)	Winter camp in the mountains
Lectures/classes hours	0/58
Form of passing classes	practical skills test
Type of subject (obligatory/ facultative)	facultative
Prerequisites	none

DETAILED INFORMATION**Course aims and objectives**

A1	Preparing students for teaching alpine skiing or snowboarding at the basic level of skills at the winter camp.
A2	Mastering exercises and skills in the field of skiing or snowboarding.
A3	Understanding the basic content of teaching techniques and methodology in winter sports during winter camps.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
KNOWLEDGE	
K_W01	P_W01 Student knows the techniques of alpine skiing or snowboarding, and correctly defines, explains and formulates content related to the analysis and implementation of the various riding techniques.
K_W12	P_W02 He knows the methodology and safety rules of teaching in selected winter sports.

K_W01 K_W10	P_W03 He knows the basic knowledge of the techniques, methodology, history, safety, competitions, and equipment in the area of alpine skiing or snowboarding.
SKILLS	
K_U11	P_U01 Student knows how to properly demonstrate some elements techniques of alpine skiing or snowboarding.
K_U11	P_U02 Student can use proper naming in a selected discipline of winter sports, he can construct consistent statements regarding the teaching.
K_U09 K_U12	P_U03 He can anticipate the threat to life and health risks associated with being in the mountains. He takes care of the safety rules.
SOCIAL COMPETENCES	
K_K03 K_K04	P_K01 Student creatively and consciously activates in the process of training and sports in the field of theory and practice. Independently and in teams involved in the realization of goals and tasks.
K_K01 K_K02 K_K05	P_K02 He behaves comply with the rules of ethics. Respects the rules and principles of participation in the winter camp.

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
N/A		
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
3 rd semester	<p>Organizational forms of winter camps and regulations, rules of safe stay and cooperation at training camps and winter camps.</p> <p>Practical familiarization of students with the principles and methods of work ensuring the safety of ski and snowboard classes.</p> <p>Familiarization with equipment and the environment.</p> <p>Games and activities in teaching snow sports</p> <p>Learning the correct skiing or snowboarding position and methods of moving on the slope.</p> <p>Learning the basic forms of sliding down the slope and braking as well as riding a lift.</p>	P_W01 P_W02 P_W03 P_U01 P_U02 P_U03 P_K01 P_K02

	Learning the basic forms of changing direction. Technique and methodology of teaching the basic elements of alpine skiing or snowboarding. Safety of moving in the mountains and rules of first aid. Analysis of skiing or snowboarding technique. Construction and rules for choosing ski or snowboard equipment. Technique and methodology of teaching selected intermediate elements of alpine skiing or snowboarding. Perfecting selected ski or snowboard stunts Ski or snowboard trip. Elements of competition in skiing or snowboarding. Improving the skills of skiing or snowboarding with selected ski or snowboard stunts.	
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PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
exercises	<i>Practical classes on snow, demonstration, description, explanation, theoretical classes</i>
Teaching resources: <i>ski trails and lifts, computer, multimedia projector, camera, slalom poles</i>	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01, P_W02, P_U01, P_U02, P_K01, P_K02	Activity and involvement of students in camp life, compliance with the rules and regulations of staying at the camp.
P_W01, P_W02, P_U01, P_U02, P_U03,	Practical test, assessment of technical skills

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.

Assessment criterion

Local grade	Grade	Criteria
5	A	adequate result in the ski/snowboard practical test

4,5	B	adequate result in the ski/snowboard practical test
4	C	adequate result in the ski/snowboard practical test
3,5	D	adequate result in the ski/snowboard practical test
3	E	adequate result in the ski/snowboard practical test
2	F	Insufficient result in the ski/snowboard practical test

SAMPLE ASSESSMENT/EXAMINATION TOPICS

Alpine skiing:

- Technical test: plough turn, NW parallel turn, off-road driving.

Snowboarding:

- Technical test: sliding turn, NW sliding turn, 360° flat rotation series frontside and backside, switch sliding turn.

ENGLISH BIBLIOGRAPHY

Basic	LeMaster Ron. <i>Ultimate Skiing</i> . Human Kinetics Publishers, 2014 Teter Hannah, Schultz Tawnya. <i>Mastering Snowboarding</i> . Human Kinetics, 2012
Additional	

SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
58	2,3	Classes requiring direct participation of academic staff (total)
67	2,7	Other activities (total)

Number of ECTS points that a student obtains in classes developing practical skills: 2

Author of the class card:	Name, surname and email
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