

**Subject: Winter camp – skiing or snowboarding****I. General information**

Organization unit	Faculty of Physical Education Chair of Water and Winter Sports
Course name	Winter Camp (skiing or snowboarding)
Subject code	WFI-43
Teaching language	English
Type of subject (obligatory/ facultative)	facultative
Level of studies	bachelor
Study year	2
Semester	3
ECTS points	5
Teacher/ e-mail	Dr Michał Staniszewski / michal.staniszewski@awf.edu.pl
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	Stationary winter camp
Prerequisites	no

II. Detailed Information**Course aims and objectives**

A1	Preparing students for teaching alpine skiing or snowboarding on the basic level of skills on 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

Learning outcome	Subject's learning outcomes
Knowledge	
<p>K_W12 Familiarity with basic physical education terminology, comprehension of its sources and implementation within other associated disciplines (sport, tourism, movement recreation, health and aesthetic behaviour)</p> <p>K_W14 Familiarity with elementary rules for planning the educational processes with the aim of developing key competences of a student and student's safety. Comprehension of the importance of selecting the right strategy, form, method in reaching physical education objectives. Knowledge as to how to devise and carry the required documentation and comprehends the rules of didactic proceeding in terms of modifying attitudes, skills, knowledge and physical fitness on particular development stages of students who have different health and physical conditions.</p> <p>K_W19 Familiarity with the basic rules, forms, means and methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.</p>	<p>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.</p>
<p>K_W16 Familiarity with principles required for securing an accident location, assessment of the victim and first aid provision in diverse cases. Familiarity with the legal basis for provision of first aid.</p> <p>K_W18 Familiarity with the methodology of performing, securing and methodology in selected team and individual sport disciplines, as well as the rules of safe organization of these sports during PE classes and sport and recreational events.</p>	<p>P_W02 He knows the methodology and safety rules of teaching in selected winter sports.</p>
<p>K_W12 Familiarity with basic physical education terminology, comprehension of its sources and implementation within other associated disciplines (sport, tourism, movement recreation, health and aesthetic behaviour)</p> <p>K_W18 Familiarity with the methodology of performing, securing and methodology in selected team and individual sport disciplines, as well as the rules of safe organization of these sports during PE classes and sport and recreational events.</p> <p>K_W22 Familiarity with the basic rules and methods of planning, organizing and conducting of sport and recreation events.</p>	<p>P_W03 He knows the basic knowledge of the techniques, methodology, history, safety, competitions, and equipment in the area of alpine skiing or snowboarding.</p>
Skills	

<p>K_U04 Ability to formulate and work out operating principles of basic educational objectives as well as to design and evaluate simple educational and didactic programs.</p> <p>K_U06 Ability to implement the rules of education in work of a teacher and to select the appropriate methods to achieve the assumed educational objectives.</p> <p>K_U17 Ability to present the technique, secure and correctly implement the teaching methodology for selected team and individual sports in different age groups and groups at diverse advance levels. Ability to safely organize and hold selected individual and team sport activities in the form of educational and sports and recreation events.</p> <p>K_U19 Ability to correctly implement the methodology of games and play teaching as well as to select appropriate games and movement play depending on conditions, aim, age and abilities of a participant. Ability to organize games and play events.</p>	<p>P_U01 Student knows how to properly demonstrate some elements techniques of alpine skiing or snowboarding.</p>
<p>K_U15 Ability to foresee hazards to life and health, behave appropriately in the event of an accident and apply first aid procedures necessary for the victims.</p> <p>K_U17 Ability to present the technique, secure and correctly implement the teaching methodology for selected team and individual sports in different age groups and groups at diverse advance levels. Ability to safely organize and hold selected individual and team sport activities in the form of educational and sports and recreation events.</p>	<p>P_U02 Student can use proper naming in a selected discipline of winter sports, he can construct consistent statements regarding the teaching.</p>
<p>K_U11 Ability to use the basic theoretical knowledge associated with sport and related disciplines to analyse and evaluate educational effects and problems (education and physical education) as well as diagnose and design practical activities.</p> <p>K_U18 Ability to select the appropriate basic training methods and means for children, teenagers and adults as well as health training, apply selected tests related to special fitness. Ability to recognize sport talents.</p>	<p>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.</p>
Social Competences	
<p>K_K01 Development of own sport interests. Comprehension of the need for caring for physical fitness and health to promote health and correct practice of a teaching profession and a coach. Participating in sport life using its different forms with the aim of encouraging individuals and social groups to take up sports as a style of life.</p> <p>K_K05 Developing and advancing knowledge and skills in an individual way.</p> <p>K_K07 In implementation of individual and team events, acts in accordance with the law and cares about the safety and health of all the participants. Consciousness of responsibility for own safety and that of participants.</p>	<p>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.</p>

<p>K_K02 Reaching assigned objectives and tasks, planning and implementing educational activities in different social environments individually as well as in a team.</p> <p>K_K06 Creating appropriate social relations with individuals and groups using effective available communication channels. Ability to work effectively under pressure and resolve conflicts.</p> <p>K_K07 In implementation of individual and team events, acts in accordance with the law and cares about the safety and health of all the participants. Consciousness of responsibility for own safety and that of participants.</p> <p>K_K08 Rejecting behaviour that might be hazardous to life and health, assuming the role of a promoter of recreational and health events in his local community. Assuming a proactive attitude in terms of sport and health.</p>	<p>P_K02 He behaves comply with the rules of ethics. Respects the rules and principles of participation in the winter camp.</p>

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Familiarization with the equipment and the environment.
SC2	Motion games in teaching and improving alpine skiing or snowboarding.
SC3	Technique and methodology of teaching the basic elements of alpine skiing or snowboarding technique.
SC4	Technique and methodology of teaching the basic elements of alpine skiing or snowboarding technique.
SC5	Technique and methodology of teaching the basic elements of alpine skiing or snowboarding technique.
SC6	Equipment and history of alpine skiing or snowboarding
SC7	Technique and methodology of teaching the basic elements of alpine skiing or snowboarding technique.
SC8	Safety and first aid, technique analysis in alpine skiing or snowboarding
SC9	Technique and methodology of teaching the basic elements of alpine skiing or snowboarding technique.
SC10	Competitions and sports rules in alpine skiing or snowboarding
SC11	Technique and methodology of teaching the intermediate elements of alpine skiing or snowboarding technique.
SC12	Technique and methodology of teaching the basic elements of alpine skiing or snowboarding technique
SC13	Summary of alpine skiing or snowboarding technique.

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
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Obligatory literature:

1. Neuhorn S., Sadowski G. [red] (2006) Obozy zimowe – przewodnik do zajęć. Zeszyty naukowo metodyczne AWF Warszawa. Wydawnictwo AWF Warszawa
2. Staniszewski M. (2012) Technika i metodyka nauczania snowboardu. Skrypt AWF Warszawa
3. Sadowski G. (2011) Na nartach biegowych. Wydawnictwo Sklep Podróżnika
4. Vyšata K. (2002) Narciarstwo zjazdowe. Wydawnictwo AWF Warszawa

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

TYPES OF CLASSES	HOURS
Contact hours	58
Consultation	6
Self study	61
Total = 125 hours = 5 ECTS	