



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program	<b>Basic Academic Studies, Physical Education and Sport</b>
Study Module (if applicable)	
Course title	Skiing
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input checked="" type="checkbox"/> Obligatory <input type="checkbox"/> Elective
Semester	<input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring
Year of study	Fourth
Number of ECTS allocated	6
Name of lecturer/lecturers	Aleksandar Joksimović, Ph.D, associate professor; Ljubomir Pavlović, Ph.D, assistant professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Methodical mastering of motor knowledge and skills needed to perform the techniques necessary for the application of the acquired knowledge in the practice of sport, physical education and recreation.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

**Methods and techniques of the basic and advanced competitive school of the Alpine skiing, Nordic skiing, biomechanical basis of skiing, international skiing rules - the division of the competition, types of skiing competitions, Alpine skiing, downhill, slalom, giant slalom, parallel competition, the combinations, the competitions to achieve the highest speeds, rules for the path approval, Special rules for certain disciplines. Physical preparation. Methods of raising physical fitness, management of physical preparation for the competitive season, the technique of carving skiing, skiing rules in the Alpine and Nordic disciplines. Organization of competitions in the world and the Olympic Games. Training class period.**

## LANGUAGE OF INSTRUCTION

Serbian (complete course)    English (complete course)    Other \_\_\_\_\_ (complete course)

Serbian with English mentoring     Serbian with other mentoring \_\_\_\_\_

**ASSESSMENT METHODS AND CRITERIA**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory</b>	<b>5</b>	<b>Practical examination</b>	<b>15</b>
<b>Practicals</b>	<b>5</b>	<b>Theory examination</b>	<b>15</b>
<b>Colloquium 1</b>	<b>20</b>		
<b>Colloquium 2</b>	<b>35</b>		
<b>Seminar paper / Interactive teaching</b>	<b>5</b>	<b>OVERALL SUM</b>	<b>100</b>

\*Final examination mark is formed in accordance with the Institutional documents