

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

<b>Name in Polish</b>	: NARCIARSTWO (SEKCJA)
<b>Name in English</b>	: SKIING (VARSITY DIVISION)
<b>Level and form of studies</b>	: 1 <sup>st</sup> and 2 <sup>nd</sup> level, full-time
<b>Profile</b>	: academic, practical
<b>Kind of subject</b>	: optional, university-wide
<b>Subject code</b>	: WFW034014
<b>Group of courses</b>	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES**

1. Absence of medical contradictions to get involved in competitive sports.
2. Advanced (instructor/competitor) skiing skills level.
3. Verification by the coach during the first training.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.
5. Possession of professional class skiing equipment.

**SUBJECT OBJECTIVES**

- C1: Preparation of the varsity to take part in sport competitions.  
 C2: Enabling former players to continue their careers.  
 C3: Creating motor attributes specific to skiing, such as dynamic strength and suppleness.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: Student knows the rules of varsity membership and up-to-date regulations of competitions organized by the International Ski Federation (FIS) and the Polish Ski Federation (PZN).

PEK\_W02: Student knows how to service and prepare his/her gear for the competitions.

**Relating to skills:**

PEK\_U01: Student can choose the best skiing technique to complete the course in an optimal way in various weather conditions and with greatest speed possible.

PEK\_U02 : Student can properly prepare his/her equipment for the trainings and competitions.

**Relating to social competences:**

PEK\_K01: Student knows the importance of lifelong physical activity for both mental and physical health

PEK\_K02: Student promotes cultural and social importance of sport and physical activity, cares about his/her own preferences in the field of physical culture, cooperates with the team, participates in sport competitions observing fair play rules.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1-2	Organization of classes: presenting the varsity's rules and regulations, selection of candidates based on interview. Appointing an unit manager..	4
Cl. 3	Preparation for the season through sustaining motor attributes – dynamic strength and agility/suppleness – circuit training.	20
Cl. 4	Learning how to service and prepare the skis for the competition.	4
Cl. 5	Freeride skiing – preparatory exercises before the season.	4
Cl. 6	Training on prepared trail – slalom, giant slalom, practice of starting, video analysis, choosing the University's team	20
Cl. 7	Sports competitions	8
<b>Total hours</b>		<b>60</b>

<b>TEACHING TOOLS USED</b>
N1. Practical exercises. N2. Demonstration by the supervisor (or a student) N3. (video) demonstration. N4. Lecture

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Oral answers, demonstration.
F2	PEK_U01, U02	Test, competition results.
<b>C:</b> Attendance, participation and attitude in class including average of marks F1, F2.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<b><u>PRIMARY LITERATURE:</u></b> [1] Szafranski M., Bydliński M.: <i>Narciarstwo od A do Z</i> . Wydawnictwo: BoSz, 2011. [2] LeMaster R.: <i>Narciarz doskonały</i> . Wydawnictwo: Landie.pl, 2011.
<b><u>SECONDARY LITERATURE:</u></b> [1] Peszek A.: <i>Przygotowanie do sezonu zimowego</i> . Wydawnictwo: Landie.pl, 2011.

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
Tomasz Knap, tomasz.knap@pwr.wroc.pl