

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

**Name in Polish** : NARCIARSTWO  
**Name in English** : SKIING  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW034092  
**Group of courses** : NO

|   | Lecture | Classes              | Lab. | Project | Sem. |
|---|---------|----------------------|------|---------|------|
| Number of hours of organized classes in University (ZZU)                        |         | 30                   |      |         |      |
| Number of hours of total student workload (CNPS)                                |         | 30                   |      |         |      |
| 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 COMPETENCES**

1. Absence of medical contradictions to take part in skiing activities.
2. Collecting adequate clothing and equipment after instructions provided during organization classes.

**SUBJECT OBJECTIVES**

- C1: Getting acquainted with safe skiing on alpine skis.  
 C2: Enabling students to use a wide variety of technical skills.  
 C3: Presenting the possibilities for outdoor ski activities in the mountains.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Student knows the Skier's Ten Commandments and safety rules on ski lifts.  
 PEK\_W02: Student has theoretical and practical knowledge of basic ski maneuvers.

**Relating to skills:**

- PEK\_U01: Student can choose skiing technique appropriate for conditions on the slope and control the speed on the slope.  
 PEK\_U02 : Student can use ski lifts safely.

**Relating to social competences:**

- PEK\_K01: Student can work in a group.  
 PEK\_K02: Student can correctly respond to a dangerous situation on the slope.

| <b>PROGRAMME CONTENT</b>         |  |                        |
|----------------------------------|--|------------------------|
| <b>Form of classes - lecture</b> |  | <b>Number of hours</b> |
| Cl. 1                            | Organization of classes. Safety rules during classes. Requirements for passing the course. Checking skiing equipment. Warm-up techniques before each classes. Adaptation to the equipment and the environment. Changing direction: clock turns, kick turns, jump turns. Safe falling and getting up after a fall. Moving uphill: side-stepping, herringbone, walking. Going downhill across the slope. Skating maneuver. Snowplough turns. Snowplough stops. Using ski lift. | 5                      |
| Cl. 2                            | Half-plough turn. Side slipping, parallel position. Correct body position on skis - description. Turn phases description. Garlands, excersises in pairs and with skipoles.   | 5                      |
| Cl. 3                            | Basic skiing techniques - instruction film. Turning techniques - description. Presentation of different ski types and ski equipment. Presentation of ski maintenance. Basic parallel turn. Technique description and demonstration. Unweighting practice exercises.  | 5                      |
| Cl. 4                            | Proper body position when skiing with poles. Hockey stop technique. Turn phases description. Slide turn, cut turn, brake turn. Cut turns when steering in parallel turn. Parallel turn practice.   | 5                      |
| Cl. 5                            | Practice exercises for weight transfer and edging, upper body movements and position during parallel turn. Pair work and mutual correction after individual runs. Practicing runs with big and small turning radius. Basics of funcarving. Safety rules during parallel turn.  | 5                      |
| Cl. 6                            | Short turns basics. Tempo exercises for ski unweighting and narrowing turn radius for short turns. Off-trail/mogul skiing elements. Freestyle skiing elements. Synchronized turns in twos, threes and fours. Principles of skiing between the gates. Slalom with time measurement.   | 5                      |
| <b>Total hours</b>               |  | <b>30</b>              |

| <b>TEACHING TOOLS USED</b>  |
|---|
| N1. Practical exercises.<br>N2. Demonstration by the supervisor (or a student)<br>N3. Multimedia presentations (films).<br>N4. Lecture.<br>N5. Video analysis of skiing techniques. |

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

| <b>PRIMARY AND SECONDARY LITERATURE</b>  |
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| <p><b><u>PRIMARY LITERATURE:</u></b><br/>           [1] Stawarz P.: <i>Program Nauczania Narciarstwa Zjazdowego</i>. Kraków: SiTN Polskiego Związku Narciarskiego, 2013.</p> <p><b><u>SECONDARY LITERATURE:</u></b><br/>           [1] Szczęsny K.: <i>Jazda na nartach</i>. Warszawa: Wydawnictwo „Alma-Press”, 2005.</p> |

| <b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b> |
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