

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAMME

COURSE:

Introduction to Ski

CODE:

N054

CREDITS E.C.T.S.

2

PERSON IN CHARGE OF COURSE:

NAME	Amoutzas Kiriakos, Pilianidis Theofilos		
POSITION	Assistant Professor / Associate Professor		
DIVISION	Sports Coaching		
OFFICE	B2-2 / B2-6		
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CO-LECTURING	Mantis Konstantinos, Professor		

SEMESTER

A'	<input type="checkbox"/>	B'	<input type="checkbox"/>	C'	<input type="checkbox"/>	D'	<input type="checkbox"/>
E'	<input checked="" type="checkbox"/>	ST'	<input type="checkbox"/>	Z'	<input type="checkbox"/>	H'	<input type="checkbox"/>

TYPE OF COURSE :

COMPALSORY	<input type="checkbox"/>
PREREQUISITE	<input type="checkbox"/>
MAJORING	<input type="checkbox"/>
PRE-MAJORING Σ	<input type="checkbox"/>
ELLECTIVE	<input checked="" type="checkbox"/>

TEACHING HOURS (*per week*):

2

PREREQUISITE

MAJORING

(only for 3rd & 4th years classes)

MAJORING

(only for 3rd & 4th years classes)

TEACHING LANGUAGE

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

After the completion of the class the students must be acquainted with the development of ski and must know all the ski centers worldwide and in Greece. In addition, they must be familiar with the rules of safety in ski slopes (tracks) as well as the rules of survival in extreme weather conditions in the mountain, the types of competitive ski, the basic elements of technique and the methodology of downhill skiing as well as the racing rules. They will also learn how to use the skiing equipment and the lifts but also how to perform safely the downhill in a slope with a high degree of difficulty.

COURSE CONTENTS (*outline-lectures titles*)

1. Skiing Sports.
2. Development of ski sport and acquaintance with the ski centers in Greece and worldwide.
3. The safety regulations in the ski slope and the rules of survival in extreme mountain conditions.
4. Types and use of lifts.
5. Types of competitive ski (speed and endurance events) and rules of races organization.
- 6-7. DVD-VIDEO presentation of ski events (slalom, giant downhill, endurance races) of International level athletes focusing on the high-level of skiing technique in turns and door pass.
8. The ski equipment and its maintenance.
9. The methodology and the basic elements of technique of downhill ski.
10. Practice and learning improvement for technical skills of downhill ski.
11. Practice with training skills in order to learn the stopping technique.
12. Training with appropriate skills for the learning of the passing doors technique in a medium slope level.
13. Practice with skills for the learning of the parallel skiing technique.

TEACHING METHODS (*lectures –labs –practice, etc*)

1. Lectures 40%
2. Practice 60%

ASSESSMENT METHODS

1. Semester's written exam (theory): 40%
2. Practical technique evaluation in the pass through doors (8-10 in a medium level of difficulty track-blue): 50%
3. Essay: 10%

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. Recognize the basic elements of ski as well as to know the Ski Centres in Greece and worldwide. Furthermore, they must know the skiing safety rules and to acclimatize in extreme weather conditions.
2. Knowing the types of cross-country skiing (downhill and endurance), essential technique and methodology of downhill skiing and understanding the races rules.
3. Knowing how to use the appropriate equipment and the lifts.
4. Perform in a satisfactory level the basic techniques of downhill skiing and downhill running with safety on a track of high degree of difficulty.

Learning outcomes	Educational Activities	Assessment	Students' Work Load (hours)
1. Recognize the basic elements of ski as well as to know the Ski Centres in Greece and worldwide. Furthermore, they must know the skiing safety rules and to acclimatize in extreme weather conditions.	Lectures, demonstration & home study.	Written assignment.	5
2. Knowing the types of cross-country skiing (downhill and endurance), essential technique and methodology of downhill skiing and understanding the races rules.	Lectures, demonstration, home study, 1 individual essay or a team work.	Mid term essays and final written assignment.	10
3. Knowing how to use the appropriate equipment and the lifts.	Lectures & practice in Ski Centre.	Evaluation of the lift and the ski equipment.	10
4. Perform in a satisfactory level the basic techniques of downhill skiing and downhill running with safety on a track of high degree of difficulty.	Lectures, practical application, home study, 1 individual or team work.	Mid term evaluation in practice (the technical skills of downhill skiing with the appropriate protocols).	35
		TOTAL	60

BASIC & SUGGESTED BIBLIOGRAPHY:

1. Amoutzas K., Theodosiou A., Mantis K., Pilianidis T. (2009). Notes skiing. Publications Service of Physical Education publications/DUTH.
2. Giovanis B. (2006). Technique of skiing. ELVEKALT Publishing Ltd, Athens