

Study program : <b>Physical education and sport</b>			
Type and level of studies: <b>Basic academic studies</b>			
<b>Course title: THEORY AND TEACHING METHODS OF SKIING</b>			
<b>Lecturer or lecturers (for lectures): Ropret J. Robert,</b> <b>Lecturer / Associate (for practice): ): Ropret J. Robert</b>			
Course status: Obligatory			
<b>ECTS: 5</b>			
<b>Condition:</b> Listened subjects: Biomechanics, Biology of human development with the basics of sports medicine, Pedagogy			
<b>Course objectives:</b> Collecting and systematizing the knowledge necessary for understanding the mechanics and techniques of skiing, training for applying knowledge, skills, methods of learning and training, measures and procedures for their safe realization, that is, acquiring competence in skiing classes in the physical education program as well as the first level of competence in training in sports skiing.			
<b>Course outcome:</b> The outcome of the course is methodical, organizational, security, technical competence reflected in mastering theoretical and motor skills and skills (skiing techniques), demonstration ability, competence for organization and realization of skiing lessons, training of children and adults using different methods and means, implementation of measures and safety procedures, assessment of skill level.			
<b>Contents description:</b> Theory teaching: Skiing aspects, historical development, disciplines, ski equipment, skiing technique, ski biomechanics, techniques and variants of techniques, coordination basics of skiing, learning methodology, risks and risk management in skiing, safety and behavioral rules, organization of classes, competition. Practical classes: View exercises and methods of learning and improving techniques and variants of skiing techniques. View the organization of work. Practical application of security measures and rules of conduct. Practice of students realized through working with the group. Organization of school competitions. The program includes a sports granulp skiing, with a view of the snowboarding and running on the skis. Also, within the program contents, the animation programs of primary and secondary school students are realized during winter stay.			
<b>References:</b> Ilić B. (1988): Smučanje (Skiing). NIPRO Partizan, Belgrade Ski Federation of Serbia (2004): Material for acquiring the title of instructor. Ski Association Ilić B., Ropret R., Ilić M. (2011): Virtualno alpsko skijanje (Virtual Alpine Skiing). FSFV. White City			
<b>Number of active classes</b>			Other classes:
Lectures: 2	Exercises/ Practical classes: 3	Other forms of teaching:	2
Study research work:			
<b>Teaching method</b> Theoretical lectures; practical lectures; multimedia presentations			
<b>Knowledge assessment (maximum score 100)</b>			
<b>Exam prerequisites</b>	<b>points</b>	<b>Final examination</b>	<b>points</b>
Class Activities	5	Written examination	16
Practical instruction	10	Practical examination	44
Preliminary exam / Colloquium	15	Oral examination	10
Seminar papers			

