

Study program: Recreation				
Type and level of studies: Basic professional studies				
<b>Course title: SKIING</b>				
<b>Lecturer or lecturers (for lectures): Ropret J. Robert,</b> <b>Lecturer / Associate (for practice): ): Ropret J. Robert</b>				
Course status: Elective				
<b>ECTS: 4</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 personal application of knowledge and skills, measures and procedures for personal safety and safety of participants in the program of stay in the winter sports and recreation center.				
<b>Course outcome:</b> The outcome of the course is personal organizational, security and technical competence which is reflected in mastering theoretical and practical knowledge and skills (skiing techniques), competence for organizing and implementing the program of stay in winter sports and recreation center, application of security measures and procedures.				
<b>Contents description:</b> Theory teaching: Skiing aspects, ski equipment, skiing technique laws, ski biomechanics, techniques and variants of techniques, risks and risk management in skiing, safety and behavioral rules, organization of stay program. Practical classes: Learning and improving personal techniques and variants of skiing techniques. View the organization of work. Practical application of security measures and rules of conduct. The program includes one sports branch of skiing, with a view of the snowboarding and running on the skis. Also, within the program contents, animation animations are realized during winter stay.				
<b>References:</b> Ilić B. (1988): 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): Virtual Alpine Skiing. FSFV. White City				
<b>Number of active classes</b>				Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:	1
<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				