Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education

Subject name: WINTER OUTDOOR ACTIVITIES WITH ICE SKATING / ОАИ16

Teacher/Teachers: Milan Cvetković, PhD

Subject status: Elective

ECTS credits: 6

Requirements: None

Subject aim

Subject aim is that the taught content, its application in practice and permanent consultation of professional literature make a vivid picture among students about the outdoor activities.

Subject outcome

Subject outcome is a practical training of students, as future teachers of physical education, to independently and creatively realise the classes of ice skating.

Subject content: *Theory*

Learning about the basic types, definitions and importance of outdoor activities. Acquiring the knowledge on camping in winter conditions as a form of spending time in the nature. Mastering the skills of planning, organisation, and realisation of excursions in winter conditions. Learning about the models of hiking in the nature in winter: organisation of hiking in the nature, manners of hiking. Learning about the basics of mountain climbing in winter and code of conduct in the nature. Learning about the basics of alpinism in winter. Learning about orientation movements and competitions in winter conditions (orienting). Learning about the basics of meteorology. Understanding the basic information on ice skating. Learning about the significant aspects of ice-skating. Learning about ice skating organisations and big ice-skating competitions. Learning about the forms of ice-skating and disciplines of ice-skating competitions (types, rules, evaluation). Learning about the development background of ice-skating.

Practice

Realisation of climbing tour in winter conditions. Realisation of excursions in winter conditions. Realisation of orienting movement and competitions in winter conditions. Learning about the basic characteristics of ice. Learning and acquiring the basic elements of ice-skating techniques, axels (springing with both legs) and with a turn of 90 degrees; manners of turning – with parallel skates, with one-leg springing, extending forward or running). Acquiring the methods of training ice-skating (general principles, methods, training programmes, objectives, exercises). Understanding the specificities of work with children. Learning about the code of conduct at a skating rink. Learning about the organisation and realisation of the ice-skating programme (planning, preparation, realisation evaluation). Learning about the organisation of ice-skating competitions. Learning about the games on the ice. Learning about the ice-skating sport disciplines (ice hockey, figure skating, speed skating and synchronised skating).

Literature

1) Kunzle-Watson, K. & DeArmond, S.J. (1996). Ice skating - steps to success. Champaign, IL: Human Kinetics.
2) Steffen, J. & Stiehl, J. (2010). Teaching lifetime outdoor pursuits. Champaign, IL: Human Kinetics.
3) Shulman, C. (2002). The complete book of figure skating. Champaign, IL: Human Kinetics.
4) Cvetković, M. (2012). Aktivnosti u prirodi. Novi Sad: Fakultet sporta i fizičkog vaspitanja.

Number of active teaching classes	**Theory:** 1	**Practice:** 3

Teaching methods: Lectures, exercises, practical mid-term test, written test, consultations

Knowledge assessment (maximum number of points is 100)

Pre-exam requirements	points	**Final exam**	points
engagement in class activities	15	written exam	30
Practice	15	oral exam	
term test(s)	30		
seminar(s)	10		