

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: WINTER OUTDOOR ACTIVITIES WITH SKIING / OAH17			
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 outdoor activities.			
Subject outcome			
Subject outcome is a practical training of students, as future teachers of physical education, to independently and creatively realise skiing classes.			
Subject content: <i>Theory</i>			
Learning about the basic types, definitions and importance of outdoor activities. Mastering the skills of planning, organisation, and realisation of tours and 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 skiing (learning about the Curriculum of the skiing course, objectives, tasks, realisation of practical teaching, exam literature for skiing). Learning about the significant aspects of skiing (biological, physiological, sport and recreational, educational). Learning about skiing organisations and big skiing competitions. Learning about the forms of skiing and disciplines of skiing competitions (Alpine skiing, Nordic skiing) and disciplines of skiing competitions (types, rules, evaluation). Learning about the development background of skiing.			
<i>Practice</i>			
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 differences of snow according to the dynamic characteristics and manner of creation. Learning and acquiring the basic elements of skiing techniques. Acquiring the methods of training Alpine skiing (general principles, methods, training programmes, objectives, exercises). Learning about the dangers in the mountains and managing them. Learning about the code of conduct and safety in ski resorts (normative acts). Mastering the first aid (GSS work system: ensuring the injured person, first aid, transport techniques, further actions). Learning about the organisation and realisation of the skiing programme within a winter holiday (planning, preparation, realisation evaluation). Learning about other forms of skiing (snowboarding, Nordic skiing, etc.).			
Literature			
<ol style="list-style-type: none"> 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		