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| **COURSE DESCRIPTION FORM** | |
| **Course Code and Name** | **SYB 233 SKIING** |
| **Course Semester** | Fall-Spring |
| **Catalog Content** | Definition of skiing, history, physiological effects, scientific principles, competition and safety rules and basic skills (Selection of suitable materials to be used, snow plow, straight slip, turns and slalom straps and door recognition and door transitions). |
| **Textbook** | Complete Guıde To Cross Country Skı Preparatıon ,Nat Brown ,1999 Deutsche Skischule, Blw Sportpraxis Top 1992.  -Uluslararası KayakYarışmaları,Cevdet Bereket 2000.  -Birleşik Kurallar Iniş Slalom Büyük Slalom Süper G Paralel Yarışlar Kombine Alp Yarışları Ceviren: Muhtar Kurt 2000  -Kayaklı Koşu Uluslararası Kayaklı Koşu Kayak Yarışı Kuralları (Icr) Ve Kayaklı Koşu Için Fıs Puanlaması Ceviren: Muhtar KurtKayaklı Koşu Antrenörün El Kitabı Ufuk Özel 1993 Cross - Country (Racing) Cross-Country Skııng John Moynier 2003 |
| **Supplementary Textbooks** | - |
| **Credit** | 3 |
| **Prerequisites of the Course**  **( Attendance Requirements)** | Attendance Required |
| **Type of the Course** | Elective |
| **Instruction Language** | Turkish |
| **Course Objectives** | To have the basic theoretical knowledge about ski sport and to apply basic slip techniques (Selection of suitable materials to be used, snow plow, straight slip, turns and slalom straps and door recognition and door transitions) |
| **Course Learning Outcomes** | 1- Learns the history of the field. 2- Apply the game rules of the field. 3-Makes the field refereeing and applications. 4-Learns and applies the special technique of the field. 5-Learns and applies the special technique of the field. |
| **Instruction Methods** | Formal learning |
| **Weekly Schedule** | 1 . Winter Sports, General Information about Sports Branches in Winter Olympics, Ski Competitions in Olympics 2. Ski branches and applied in our country 3. Competition rules and characteristics of the tracks 4. Safety rules of ski resorts 5. Types of ski training 6. Applied examples (skate slip) 7. Midterm exam 8. Applied examples (wheelchair skiing) 9. Imitation studies 10. Applied imitation samples 11. Ski practice camp (flat slip, brake work, snow plow) 12. Ski practice camp (snow plow turn, parallel turn) 13. Ski practice camp (limited return) 14. Ski practice camp (with limited return) 15. General Evaluation |
| **Teaching and Learning Methods** | Weekly theoretical course hours  Weekly applied course hours  Reading Activities  Internet browsing, library work  Preparation of Midterm and Midterm Exam  Final Exam and Preparation for Final Exam |
| **Assessment Criteria** | |  |  |  | | --- | --- | --- | |  | **Numbers** | **Total Contribution (%)** | | Midterm Exams | 1 | 50 | | Assignment |  |  | | Application |  |  | | Projects |  |  | | Practice |  |  | | Quiz |  |  | | Percent of In-term Studies (%) | 1 | 50 | | Percentage of Final Exam to Total Score (%) | 1 | 50 | | Attendance |  |  | |
| **Workload** | |  |  |  |  | | --- | --- | --- | --- | | **Activity** | **Total Number of Weeks** | **Duration (weekly hour)** | **Total Period Work Load** | | Weekly Theoretical Course Hours | 14 | 1 | 14 | | Weekly Applied Course Hours | 14 | 2 | 28 | | Reading Tasks | 6 | 1 | 6 | | Studies | 6 | 1 | 6 | | Material Design and Implementation |  |  |  | | Report Preparing |  |  |  | | Preparing a Presentation |  |  |  | | Presentations |  |  |  | | Midterm Exam and Preparation for Midterm Exam | 3 | 3 | 9 | | Final Exam and Preparation for Final Exam | 4 | 3 | 12 | | Other ( should be emphasized) |  |  |  | | Total Workload |  |  | 75 | | Total Workload / 25 |  |  | 3,00 | | Course Credit (ECTS) |  |  | 3 | |
| **Contribution Level Between Course Learning Outcomes and Program Outcomes** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | No | Program Outcomes | 1 | 2 | 3 | 4 | 5 | | 1 | CO 1 | X |  |  |  |  | | 2 | CO 2 | X |  |  |  |  | | 3 | CO 3 | X |  |  |  |  | | 4 | CO 4 |  | X |  |  |  | | 5 | CO 5 |  | X |  |  |  | | 6 | CO 6 |  | X |  |  |  | | 7 | CO 7 |  |  |  |  | X | | 8 | CO 8 | X |  |  |  |  | | 9 | CO 9 | X |  |  |  |  | | 10 | CO 10 |  | X |  |  |  | | 11 | CO 11 |  |  | X |  |  | | 12 | CO 12 |  |  | X |  |  | | 13 | CO 13 |  |  | X |  |  | | 14 | CO 14 | X |  |  |  |  | | 15 | CO 15 |  |  |  | X |  | | 16 | CO 16 |  | X |  |  |  | | 17 | CO17 |  | X |  |  |  | | 18 | CO18 | X |  |  |  |  | | 19 | CO19 | X |  |  |  |  | | 20 | CO20 | X |  |  |  |  | | 21 | CO 21 |  |  |  | X |  | | 22 | CO 22 |  |  |  | X |  | |
| **The Course’s Lecturer(s) and Contact Informations** | Faculty Academic Staff |