

## **SYLLABUS**

**SUBJECT WINTER CAMP**

**TEACHER DR WOJCIECH BAJOREK**

### **COURSE DESCRIPTION**

To train future qualified teachers and organizers of the most popular forms of winter recreation and relaxation. To acquaint them with the basic principles in this field. To develop cognitive interests related to winter relaxation. To improve skills and increase knowledge in the field of winter sports To develop imagination, independent and critical thinking and the ability to make decisions necessary for work with people relaxing and doing winter sports.

### **ECTS**

2

### **LEARNING OUTCOMES**

L.p.	Course content – physical exercises	Number of hours
1.	Downhill skiing: Methodology of teaching and skiing techniques Snowboard: Methodology of teaching and snowboarding techniques	60
2	Skating Methodology of teaching and skating techniques	10
3	Different forms of skiing Ski Touring – techniques and methodology Cross-country skiing – techniques and methodology Winter hiking in the mountains	14

### **GRADING POLICY**

continuous assessment, special fitness test

### **TIMETABLE**

To be prescribed

### **TEXTBOOK AND REQUIRED MATERIALS**

Stanisławski Z. „Na nartach zjazdowych - Praktyczny kurs dla każdego” Warszawa 2001

Lenkiewicz W., Marasek A. Zimowa turystyka piesza w górach Kraków 2008

Łarionow A. „Narciarstwo biegowe - technika kroków narciarskich i metodyka ich nauczania” Katowice 2001

Żemojtel M. „Narciarstwo tourowe śladowe i biegowe” Kraków 2006

Szczęsny K. J. „Narciarstwo współczesne” Kraków 2001

Chojnacki B. K.; Orlewicz-Musiał M. „Rozwój sprzętu, techniki jazdy oraz stylów narciarskich w Polsce - Od telemarku do carvingu - Podręczniki i skrypty nr 24”  
Kraków 2005

SIiTn PZN „Program nauczania narciarstwa zjazdowego” SIiTn PZN 2009

Wallner H. „Carving - perfekcyjna jazda na nartach” Wrocław 2004

**PREREQUISITES:**

none