

1. BASIC INFORMATION

Course	Winter sports
Degree program	Degree in Physical Activity and Sport Sciences
School	Physical activity and sport sciences and physiotherapy
Year	Second
ECTS	3 ECTS
Credit type	Optional
Language(s)	Spanish and english
Delivery mode	On-site
Semester	S4
Academic year	2025/2026
Coordinating professor	Jaime Gil Cabrera

2. PRESENTATION

Winter Sports 1 is an optional subject corresponding to 3 ECTS (European Credit Transfer System) credits that is taught in the degree in Physical Activity and Sports Sciences, developed during the second semester of the academic year. The treatment of the subject is based on knowing, studying and practicing the technical fundamentals of sliding in the snow (with skis or snowboard), in addition to developing the methodological bases of ski teaching, as well as knowing the main milestones of its history, and the high mountain environment in which it takes place.

The subject is designed based on a timing of the activities that allows progressively more complex knowledge to be acquired, in addition to the improvement of basic technical skills as well as movement control and teaching in the environment of a winter sports resort. The Physical Activity and Sport Sciences curriculum defines the competencies necessary to develop the different levels of learning in the subject. The subject is taught in Spanish, although numerous documentary sources (books, and impact articles) and other audiovisual resources (online videos) are consulted in the main official languages of the International Ski Federation (FIS), which allows students to have an integral vision of the international winter sports scene.

Prerequisites to be able to do Winter Sports 1: To have a level of health and sporting fitness that allows me to perform the efforts of skiing: high-intensity efforts, with great muscle and joint involvement. They must be in a state of medical discharge for sports practice to carry out the training camp.

Have a technical level corresponding to an improved parallel turn that allows safe circulation even on tracks of medium difficulty (blue and red slopes).

Have the technical equipment (skis, boots and poles) corresponding to the Alpine manufacturing standard

and that it is in perfect condition (less than 5 years old recommended).

Have the appropriate clothing for the practice of winter sports (first water-repellent and breathable layer, second thermal and breathable layer and a third layer with a windproof, waterproof and breathable outer membrane), as well as the necessary accessories: gloves, goggles with maximum sun protection filter (level 4) and photoprotective cream (minimum factor 30+)

Have a helmet approved for alpine skiing as it is mandatory in practical ski sessions in the EMU.

3. LEARNING OUTCOMES

Knowledge

CON3. It describes activities for the prevention, adaptation and improvement of physical-sports performance and health through physical condition and physical exercise.

- Identify the basic gestures and skills of sliding and the specific aspects of the base curve.

Skills

HAB2. Designs tasks, progressions and strategies of physical exercise oriented to health and sport performance according to individual variables and environmental conditions.

- It directs the teaching-learning processes of alpine skiing through innovative and efficient methodologies, as well as the repair of material
- Recognizes the basic processes of the mountain environment, applying safety strategies.

Competences

CP1. Describe, elaborate and apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process efficiently, developing the whole course of action in all sectors of professional intervention in physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; management of physical activity and sport).

CP5. Guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on special populations such as: the elderly (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.

CP41. Strategic communication: Transmit messages (ideas, concepts, feelings, arguments), both orally and in writing, strategically aligning the interests of the different agents involved in communication in the academic and professional environment.

4. CONTENT

Unit 1. Introduction to the various areas of winter sports.

Unit 2. Safety and materials in winter sports.

Unit 3. Theoretical bases and technical and methodological foundations of skiing

Unit 4. Introduction to ski sports initiation. Ski teaching methodology.

Unit 5. Professional development of the sports technician in winter sports

Unit 6. Mountain environment, safety in snowy terrain

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Master class
- Project- based learning

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
Master class	6 h
Practical application classes	9 h
Autonomous work	28 h
Debates and colloquiums	4 h
Tutorship	6 h
In-person evaluation tests	2 h
Exhibition of works	3 h
Design of strategies and intervention plans	8 h
Preparation of written reports	6 h
TOTAL	75 h

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
Presential assessment test	40-50%
Case/Problem	35-65%
Reports and written papers	5-10%

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you have to complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

In order to pass the course in the ordinary exam, it is necessary to obtain a final mark equal to or higher than 5.0, which will result from the sum of the marks obtained in the different evaluable activities (practicals, submission of reports, and objective knowledge test) as long as the mark is greater than or equal to 5.0 out of 10.0 in each of the evaluable activities of the course.

7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10 (weighted average).

In any case, you will need to obtain a grade of at 4.0 in the final exam in order for it to count towards the final grade along with all the grades corresponding to the other activities.

The student must deliver the activities not successfully completed in the first exam period after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

To pass the subject in the extraordinary call, it is necessary to obtain a grade greater than or equal to 5.0 out of 10.0 in the final grade of the subject. The activities not passed in the ordinary call must be repeated, after having received the corresponding corrections from the teacher, or those that were not carried out in the extraordinary call. To carry out the practical activities not passed, the EU contemplates carrying out snow tests in a face-to-face session at the Xanadu facility: Snow Zone by the teacher who will inform the student personally about what is happening in their situation.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Activity 1 PPT Presentation Skiing History Milestone	1-6
Activity 2 Test technical ski movements	2-3
Activity 3 Graphical Force Test that act on the base curve	2-3
Activity 4 & 5 Teaching Session Plan	4-5
Activities 6, 7, 8, 9, 10 and 11 practical tests in snow	7-14
Activity 12 Practical material workshop	7-14
Activity 13 Classroom video observation test	15-20

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

9. BIBLIOGRAPHY

The recommended Bibliography is:

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- Leigh, H. & Leigh, J. (1979): Deportes de Invierno. Ed. Plaza & Janes, S.A. Barcelona.
- López Sarrión, M. (2010): Teoría y práctica del esquí de montaña. El dominio de todas las nieves y pendientes. Edt. Desnivel. Madrid.
- Munter, W. (2007). 3 x 3 Avalanchas. La gestión del riesgo en los deportes de invierno. Desnivel. Madrid.
- Odén, J. (2007). Freeride. Denivel. Madrid.
- Roldán, E. (1993): El esquí I. Comité Olímpico Español. Madrid.

10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by means of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunities for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.