

1. BASIC INFORMATION

Course	Winter Sports II
Degree program	Degree in Physical Activity and Sport Sciences
School	Physical activity and sport sciences and physiotherapy
Year	Third
ECTS	6 ECTS
Credit type	Optional
Language(s)	Spanish and english
Delivery mode	On-site
Semester	S5
Academic year	2026/2027
Coordinating professor	Jaime Gil Cabrera

2. PRESENTATION

The current syllabus for the subject (worth 6 ECTS) is taught within the curriculum of the Bachelor's Degree in Physical Activity and Sports Sciences and represents the continuation of the student's training process with competencies similar to those of a Senior Sports Technician in skiing, within the scope of curricular training.

The general objective of the subject is to provide students with the necessary knowledge, procedures, and attitudes to be able to teach within a winter sports resort, as well as other sports activities that can be performed in snowy environments, enabling them to develop skiers' potential to reach a high level of sports proficiency.

Given the placement of the subject within the curriculum (3rd year) and its nature (elective), the proposed methodology for its development is based on learning through experiential situations. In this way, the subject is developed on the basis of student participation, with the teacher becoming a guide/facilitator in the learning process.

3. LEARNING OUTCOMES

Knowledge

KON3. Describes activities for prevention, adaptation, and improvement of physical-sports performance and health through physical fitness and exercise.

- Identifies the skills necessary to execute a high-level curve in a guided manner.

Skills

AB2. Designs tasks, progressions and strategies of physical exercise oriented to health and sport performance according to individual variables and environmental conditions.

- Utilizes specific tools and skills for advanced ski equipment repair.
- Interprets the basic aspects of cross-country skiing learning and experiences them in practice.
- Interprets the basic aspects of mountain skiing and high-altitude hiking learning and experiences them in practice.
- Interprets the basic aspects of snowboard learning and experiences them in practice.
- Interprets the basic aspects of freeride skiing learning and experiences them in practice.

Competences

CP2. Design and apply the methodological process comprising observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sport.

CP7. Design and apply physical exercise and fitness programs fluently, naturally, consciously, and continuously, in an appropriate, efficient, systematic, and varied manner, based on scientific evidence, to develop adaptation and improvement or readaptation processes of specific capacities for each person in relation to human movement and its optimization; in order to solve unstructured, increasingly complex, and unpredictable problems with an emphasis on special populations.

CP37. Strategic communication: Convey messages (ideas, concepts, feelings, arguments), both orally and in writing, strategically aligning the interests of the various stakeholders involved in communication in the academic and professional environment.

CP39. Influential leadership: Influence others to guide and lead them towards specific objectives and goals, taking their viewpoints into consideration, especially in professional situations arising from volatile, uncertain, complex, and ambiguous (VUCA) environments of the current world.

CP41. Critical analysis: Integrate analysis with critical thinking in a process of evaluating different ideas or professional possibilities and their potential errors, based on evidence and objective data that lead to effective and valid decision-making.

4. CONTENT

- Unit 1: High-Level Alpine Skiing. Guided Curve
- Unit 2: Basic Principles of Cross-Country Skiing
- Unit 3: Basic Principles of Snowboarding
- Unit 4: Mountain Skiing and Snowshoe Hiking
- Unit 5: Introduction to Freeride Technique Training
- Unit 6: Advanced Ski Tuning and Repair

5. TEACHING-LEARNING METHODOLOGIES

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

- Lecture
- Cooperative Learning
- Case Method
- Workshop/Laboratory-Based Learning
- Simulation Environments

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	12 h
Practical application classes	18 h
Autonomous work	56 h
Debates and colloquiums	8 h
Tutorship	12 h
Knowledge tests	2 h
Preparation of written reports	14 h
Case analysis	8 h
Activities in workshops and/or laboratories	20 h
TOTAL	150 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
Face-to-face assessment tests	40-50%
Problem case	5-15%
Oral presentations	5-10%
Performance evaluation (rubric)	20-40%
Reports and Briefs	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.

8. SCHEDULE

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

Assessable activities	Date
Activity 1 Alpine Skiing Technique Test	1-13
Activity 2 & 3: Ski Mountaineering & Snowshoeing Activity Report	6-11
Activity 4: Snowboard technique exam	1-13
Activity 5: Cross-Country Skiing Technique Exam	1-14

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:

- EFS (2017). Méthode française de l'enseignement de ski alpine. Memento 2017.
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- Odén, J. (2007). Freeride. Denivel. Madrid.
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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.