

1. BASIC INFORMATION

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| Course | Winter Sports III |
| Degree program | Degree in Physical Activity and Sport Sciences |
| School | Physical activity and sport sciences and physiotherapy |
| Year | fourth |
| ECTS | 6 ECTS |
| Credit type | Optional |
| Language(s) | Spanish and english |
| Delivery mode | On-site |
| Semester | S7/S8 |
| Academic year | 2027/28 |
| Coordinating professor | Jaime Gil Cabrera |

2. PRESENTATION

This syllabus of the optional subject (with 6 ECTS) is taught within the curriculum of the degree in Physical Activity and Sports Sciences, and represents the monitoring of the student's training process as a ski specialist, in the field of curricular training.

As a general objective of the subject, we intend to facilitate students to acquire the knowledge, procedures and attitudes necessary to be able to develop the training work within the framework of a winter sports resort, as well as the sports initiation of a ski team (and winter sports in general), so that it allows them to develop the potential of skiers to achieve a high level of sports improvement in each phase of the season. age.

The proposed methodology for its development is based on cooperative learning through experiential situations. In this way, the subject is developed on the basis of the participation of the student, with the teacher becoming a guide/facilitator of the learning process.

The successful completion of the subject will allow the future graduate to lead teaching, training and competition activities safely in a winter sports resort, both in the Snow Parks and in the competition stadiums.

3. LEARNING OUTCOMES

Knowledge

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

- Interpret the basics and building blocks of alpine skiing speed disciplines
- Describes individualized fitness programs for the development of a high-level skier
- It recognizes the tasks necessary for the specific repair of skis of technical disciplines. GS and SL

Skills

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

- He masters the technique of giant skiing and slalom skiing and elaborating routes for his training.
- Develop strategies and tactical tasks for sports performance in alpine skiing disciplines.
- It uses technologies for the evaluation of the high-level skier.

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.

COMP8. Articulate and deploy an advanced level of skill in the analysis, design and evaluation of tests for the assessment and control of physical condition and physical-sports performance.

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.

COMP40. Teamwork: Cooperate with others in the achievement of a shared academic or professional goal, participating actively, empathetically and exercising active listening and respect for all members.

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.** Giant and methodology of the layout. Slalom and route methodology.
- **Unit 2.** Speed: Super-G and Downhill.
- **Unit 3.** Tactics training.
- **Unit 4.** Planning and programming of the components of alpine skiing training: physical, technical, tactical and psychological.
- **Unit 5.** Control of training and functional assessment in alpine skiing.
- **Unit 6.** Repair of specific material SL, GS.

5. TEACHING-LEARNING METHODOLOGIES

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

- Master class
- 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 | 6 h |
| Case analysis | 6 h |
| Activities in workshops and/or laboratories | 20 h |
| Oral presentations of papers | 10h |
| 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% |
| Workshop-laboratory practice notebook | 15-25% |
| Oral presentations | 5-10% |
| Case/Problem | 5-20% |
| Reports and Briefs | 10-20% |

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

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

8. SCHEDULE

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

| Assessable activities | Date |
|---|---------|
| Activity 1: Competition track training | Week 6 |
| Activity 2: Competition technique exam | Week 6 |
| Activity 3: Planning a ski team | Week 18 |
| Activity 4: Review of reports and bibliography | Week 18 |
| Activity 5: Setting. Aim of the competition equipment | Weeks 6 |

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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- Joubert, G. (1985): "Guide pratique pour Mieux Skier". Ed. ARTHAUD. Paris.
- Kuchler, W. (1997): Carving, neuer spass am skifahren. Edt. Rowohlt. Alemania
- 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.