

| 1. GENERAL INFORMATION | | | |
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| 1.1. Course teacher | Prof. Bojan Matković, Ph.D. | 1.6. Year of the study programme | 4 |
| 1.2. Name of the course | CROSS-COUNTRY SKIING | 1.7. Credits (ECTS) | 2 |
| 1.3. Associate teachers | Assoc. Prof. Vjekoslav Cigrovski, Ph.D. | 1.8. Type of instruction (number of hours L + S + E + e-learning) | 30 (18L+12E) |
| 1.4. Study programme (undergraduate, graduate, integrated) | Integrated | 1.9. Expected enrolment in the course | 45 |
| 1.5. Status of the course | Elective | 1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%) | 1 |
| 2. COURSE DESCRIPTION | | | |
| 2.1. Course objectives | Students will acquire basic theoretic, theoretic-practical and practical information regarding cross country skiing as a kinesiological activity. The course will be conducted on the Faculty of Kinesiology and, in the form of field work, in an adequate winter-touristic centre. Students will be introduced with and will acquire the elements of classic and free skating techniques on the level of motor manifestation and demonstration. They will acquire teaching technique exercises for instructing cross country skiing and all knowledge regarding the proper manners and safety behaviours when conducting classes on ski courses. | | |
| 2.2. Course enrolment requirements and entry competences required for the course | No enrolment requirements. | | |
| 2.3. Learning outcomes at the level of the programme to which the course contributes | Students will attain knowledge about basics of classic and free style skating techniques in cross country skiing, teaching methods for instructing those techniques and will be able to transfer those attained knowledge to others or implement them in the specific situations, on the cross country skiing courses. Students will, after successfully passed final exam, be qualified for teaching basic cross country skiing techniques and organizing and conducting cross country skiing events within the extracurriculum and/or extramural activities of students. | | |
| 2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes) | <p>Students will be able to:</p> <ul style="list-style-type: none"> - teach other students basics of cross country skiing - recognize and differentiate elements of classic and free style skiing techniques - implement teaching methods for instructing cross country skiing - analyze and recognize the criteria for acquisition level quality evaluation of cross country skiing techniques - integrate the basics of cross country skiing into the winter vacations' plan and programme for students - animate students for cross country skiing as a form of physical recreation activity, school sport or competitive sport - analyze and recognize the criteria for the efficacy evaluation of the students' winter vacation programme | | |