

Skiing as a curricular activity in departments without sport or physical education specializations

Ciprian Kollos, Paul Culda

Iuliu Hațieganu University of Medicine and Pharmacy, Cluj-Napoca, România

Abstract

The starting point of this project was the necessity to include sport and physical education activities in the curricula of non-sport departments, based on the offered physical education classes and the students' options. Previous studies have shown that one of the top 10 options selected by the students is skiing. Consequently, the "Iuliu Hațieganu" Sport Association offered three locations for teaching physical education, namely skiing, to multiple departments at the same time, during the winter season. One of these locations was in the Parâng Mountains, where the physical education teaching was organized in a modular manner, oriented towards teaching the basics of skiing. Thus, first and second year students were able to cover most of the aspects required by the curricula. A learning module spanned across five days, and included eight practical lessons, each 6 hours twice a day. The project has resulted in demonstrating the contribution of such a Sport Association (without juridical status) part of the Physical Education and Sport Faculty, to the completion of curricular activities.

Keywords: ski, ski base technique, student options, multi-department activities.