

Subject	Individual sports I (Athletics - Skiing)		
Type	Type	Semester	ECTS
	MANDATORY (M)	III	4
Lecturer	Dr.Sc. Abedin Bahtiri & Dr.Sc. Agron Thaqi		
Goals and objectives	The aim of the course is to introduce students with the fundamental theoretical and practical knowledge on individual sports (athletics, and Skiing in order to deepen both the general culture of sport, and team sports in particular, both to acquire technical-disciplinary, didactic-operational and relational skills useful in different professional environments (school, sports clubs, etc).		
Learning outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Understanding the performance models, the rules, the theory, the technique and the didactics of the specialties of the individual sports covered in the theoretical lesson concerning athletics and Skiing. ✓ Identify and explain the fundamental events in track and field, including sprints, jumps, throws, and distance races. know the most common errors and exercises to correct them; ✓ Perform basic techniques for sprints, jumps (e.g., long jump, high jump), throws (e.g., shot put, javelin), and distance running. ✓ Demonstrate knowledge of skiing equipment, safety measures, and etiquette. ✓ Analyze personal skiing performance and set goals for improvement. ✓ Appreciate skiing as both a recreational activity and a competitive sport. 		
Content	Java	Topics	
	1	Syllabus Presentation	
	2	Aerobic endurance skills in athletes	
	3	Technique and methodology of sprint running	
	4	Technique and methodology of curve running	
	5	Relays - the technique	
	6	Technique and methodology of middle and long distance running	
	7	Technique and methodology of Race walking	
	8	Mid-exam – 1	
	9	History and Evolution of Alpine Skiing	
	10	Ski Equipment: Types and Functions (Skis, Bindings, Boots, Poles, Helmets)	
	11	Body Position and Posture: Athletic Stance	
	12	Basic Movements: Gliding, Stopping (Snowplow and Parallel Stop)	
	13	Turning Techniques: Snowplow Turns, Parallel Turns	
	14	Techniques for Different Terrain	
15	Mid-exam – 2		
Teaching/learning methods	Activity	Weight (%)	
	Lectures	30	
	Laboratory	30	
	Research	20	
	Independent and group learning	20	
Methods of Evaluation	Methods of evaluation:	%	
	Participation	10	
	a) Medium-term exam-1	30	
	b) Medium term exam – 2	30	
	Course design (developing a training program for a certain group)	30	
Sources	Sources	Number	
	Lectures	1	
	Presantations	1	
	Web of Science	1	
	PubMed	1	
	Scopus	1	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	2	24
	Course project	n/a	20
	Independent work	n/a	32

Literature	<ul style="list-style-type: none"> • Atletika:Rakovica, H.: 2004, Prishtinë • Carr, G.: Fundamentals of Track and Field, Human Kinetics, Second Edition, 1999. • Maric, J. Mundja - stili i lirë. Universiteti i Zagrebit. 2004 • Rexhepi, F. Xhudo. Universiteti i Prishtinës. 2004 • Kules, B. Trajningu i karatistëve. Universiteti i Zagrebit. 2004 • Bay, S.: <u>Swimming Steps to Success- 4th Edition</u>, Human Kinetics, 2016.
Ethical standards	<p>This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.</p>
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