

LEVEL OF MOTOR ABILITY INFLUENCES ALPINE SKI LEARNING OF CHILDREN SKI BEGINNERS

Reference: Dragiša Mladenović et al. Collegium Antropologicum 2015

54 children ski beginners between 7 and 8 years old, who never skied before, were tested on 10 motor ability tests and attended an alpine ski school for 6 days.

P
H
A
S
E
1



Assessment of motor status:

10 standardized tests for evaluation of motor ability

balancing
on the
right leg

balancing
on the left
leg

bend and
touch on
a bench

polygon
backwards

vertical
jump

standing
long
jump

side
steps

20m
dash

foot
tapping

crossed
arm
sit-ups

Assessment of the adopted ski technique:

(after 6 days of ski school)

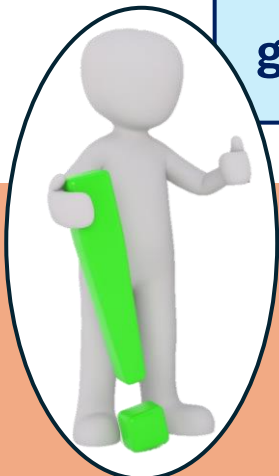
- stopping in a snow-plough
- uphill turn
- turns around posted marks



P
H
A
S
E
2

Results: analysis of the achieved level of ski knowledge

Children who **successfully** adopted the basic ski technique also achieved **good results** in most motor ability tests!



→ Children with good developed coordination, frequency of movement, strength and agility reach a better level of alpine skiing.