

Skiing in school - yes or no?

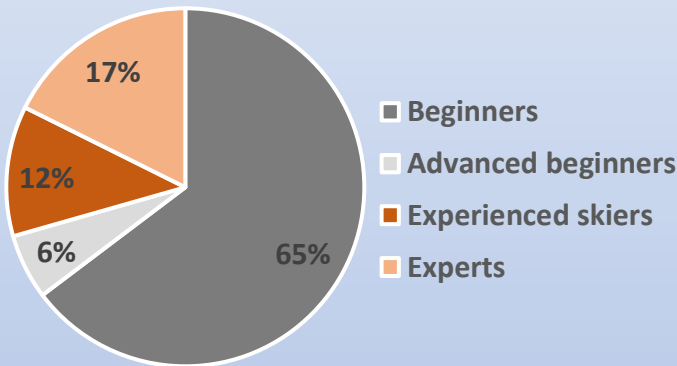
Reference: Kircher FdSnow35(50) 2017

Designed by Tiezia Lutz

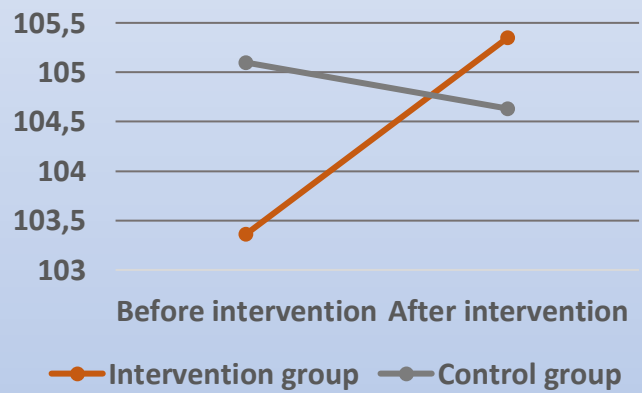
Positive effects of a 4-day ski intervention on motor abilities of 13-year-old boys and girls.

71 German students participated in this cluster randomized study: intervention group (IG): 34, control group (CG): 37.

Ski experience IG



Comparison of motor abilities (z-score)



German Motor Test (GMT) (6-18) as pre- and post-test:

	Balancing backwards	Jumping sideways	Torso bend forward	Push-ups	Sit-ups	Standing long jump	20m-sprint	6-min-run
Comparison over <u>time</u> : significant improvement of the IG	✓	✓	✓	✓	✓	✗	✗	✗
Comparison of <u>groups</u> : IG better than CG (not significant)	✓	✓	✓	✓	✗	✓	✓	✓

Results - YES

1. Increase in motor abilities of the intervention group.
2. Particular improvement in coordination skills, mobility and some strength endurance components.