

CAN WE MAKE THE ALPINE SKI LEARNING MORE EFFICIENT BY OMITTING THE SNOW- PLOUGH TECHNIQUE?

Reference: Cigrowski et al. (2010)

To find the most efficient 7-day alpine-ski learning program for ski-beginners, 126 ski-naïve students, randomized in two equally sized groups, participated in such a learning program for one week.



EXPERIMENTAL GROUP

parallel-carving technique

VS.

CONTROL GROUP

parallel and snow-plough technique

Five judges (experts in alpine skiing) graded the knowledge of alpine skiing (5 Elements of ski technique) according to previously determined criteria. Grades ranged from 1 (unacceptable performance) to 5 (superb performance).

Experimental Group

RESULTS

Control Group

3.27 ± 0.64

2.95 ± 0.71

2.70 ± 0.75

2.44 ± 0.83 *

2.85 ± 0.77 *

Traversing

Uphill turn

Basic turn

Short turn

Parallel turn

3.46 ± 0.72

3.24 ± 0.74

2.98 ± 0.88

2.85 ± 0.83

3.20 ± 0.76

* Significant difference when compared with the results of the Control Group (the grades of the Control Group are significantly better than the grades of the Experimental Group)



CONCLUSION:

Young motorically capable alpine ski beginners can learn alpine skiing better when they are initially taught by elements of parallel and snow-plough technique.