

## **ABSTRACT**

The presented bachelor thesis is focused on the comparison of selected foreign skiing methodologies. It includes the historical development of different concepts of skiing and turning training, analyses the current methodology of skiing training in the Czech Republic and presents the connections between the individual components of INTERSKI CR. Last but not least, it also describes the basic biomechanical principles of skiing, without the knowledge of which it is impossible to understand the principle of putting skis into a spin. The ambition of the bachelor thesis is to compare specific movement actions in different methodologies, namely parallel stance, inverted stance and vertical movement of the body centre of gravity. The thesis is devoted to a critical evaluation of the different methodologies and the connection with the practice of ski instructors.

## **KEYWORDS**

methodology; vertical movement; biomechanics; turn