

ABSTRACT

Title: Skiing for children with Down syndrome

Aim of thesis: To verify if ski course exemplar prepared for children with Down syndrome, of age 6-12 yrs, is suitable. To compare motor abilities of children with Down syndrome with the abilities of able-bodied children, in skiing specifically. To call attention to important outlines of the work and coaching in children with Down syndrome.

Method: The ski course exemplar was tested by qualitative observation of three pairs of children (always an able-bodied child and a child with Down syndrome of the same age). The qualitative observation was aimed at mastering ski skills during the course and following analyses.

Results: The ski course exemplar was suitable. Children with Down syndrome are able to learn basic ski skills and in case of previous experience, they are able to improve them. The conditions, that go along with and support this process, are: an assistant – instructor (e.g. one of the parents), variability and frequent exchange of activities and compliance with principles of work with children with Down syndrome.

Key words: Down syndrome, locomotion, skiing