

ABSTRAKT

Topic: Education of skiing of students with light mental retardation

Aim of work: Verification of convenience of cross-country skis or downhill skis for general skiing drill in connection with downhill skiing of pupils with light mental retardation.

Method: This is the experimental research work. This work is divided into two parts.

For the purpose of this research students were divided into two groups with similar movement abilities and similar level of light mental retardation.

The first group completed the general skiing course by using downhill skis; the second group completed it by using cross-country skis.

Both groups were observed and their skills were evaluated.

Results: The group equipped with downhill skis was slightly better in general skiing. Only in case of falls, getting up and moving on the flat land the group equipped with cross-country skis was better. But when compared by using average and t-test, the differences between both groups were not essential.

The group equipped with downhill skis was better in two categories of special downhill skiing drill in comparison with the group which trained with cross-country skis. In two categories both groups were the same. The difference of final averages was minimal and not essential.

Key words: mental retardation, downhill skiing, general skiing drill