

Abstract

Title: Analysis of the techniques and methodology of cross-country skiing for the visually impaired.

Aim: The aim of this thesis is to create a set of training exercises in the snow for practicing the classic technique of cross-country skiing for the visually impaired.

Methods: It is an empirical and theoretical work, which is based on an analysis of the movement of the visually impaired in cross-country skiing of classical technique. The structure of the work is led as qualitative research. To achieve the objective, we used observations, field measurements, photo and video documentation through digital cameras GoPro brand. Based on the analysis of movement each proband was evaluated from particular monitored exercises and based on the evaluation they got recommendations for training exercises on the snow.

Results: With processing and subsequent evaluation of equilibrium and coordination exercises control, we found that visual impairment has a decisive influence on the balance on one ski and coordination of arms and legs which is the source of technical shortcomings.

Conclusion: Based on the results of our work, we proposed a supplementary preparatory equilibrium and coordination exercises.

Keywords: visual impairment, classic technique, cross-country skiing