Abstract

**Title:** Comparison of snowboarding on simulator Maxxtracks and snow

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**Objective:** In this study, the aim is to compare snowboard riding and teaching methodology on a Maxxtracks simulator and snow.

**Methods:** The combination of data analysis and qualitative research, in the forms of interviews, has been chosen. The interviews were conducted primarily to gain an objective view, as that is crucial in teaching snowboarding, due to the limited forms of schooling.

**Results:** Ride on a Maxxtracks simulator is in many aspects similar to a ride on snow. It has its advantages and disadvantages. Based on our work, which is backed by interviews with snowboarding instructors, the simulator seems to be beneficial for teaching beginners. The advantage of the Maxxtracks simulator is the training hand bar and a mirror, which helps to control the body movement. The disadvantage is the disability to practice all snowboarding skills. Therefore, the schooling is incomplete and should be continued on snow.

**Key words:** Snowboarding, technique and methodology of riding, simulator