

ABSTRACT

Title: Didactic methods for teaching of skiing of beginners 6-10 years old

Objectives: The aim of this diploma thesis is to create a „ranking alphabet“ for skiing beginners at age from 6 to 10 years old (young school age) and following verification of its effectiveness by using different didactic methods during the skiing education in „Half-day skiing school“ in Kubova Hut’.

Methods: This is a case study that has the character of descriptions with the nature of qualitative research. The main method was the participatory observation by five trained ski instructors. We also used the category system and created seven categories. These were skiing skills included in the „ranking alphabet". To capture the quality of execution, we chose the judging ranges for individual elements in the „ranking alphabet".

Results: The ranking alphabet with seven elementary skills was created. Each skill was defined and its level was determined. Children were divided into two groups (parallel and plough ski position). It depended on the quality of individual skiing skills. Every group participated in modified skiing education. In the end skills of both groups were verified by slalom. The use of ski „ranking alphabet” at the beginning of ski training proved to be effective for skiing beginners.

Key words: Children, downhill skiing, ski, young school age, methods of skiing education, parallel position, plough position, ski school, ranking skiing alphabet