

ABSTRACT

This diploma thesis deals with the influence of the school ski training course on the physical, mental and social aspects of the development of younger and older pupils. It seeks to interpret the gained experience, the degree of pupil development in the given areas, the observations and feelings of the students who have recently completed the course. part we deal with the history of skiing, regularities in individual age categories, suitable ski equipment for children, ski training and the school ski course itself. We also dealt with current environmental problems as well as hippokinesis and its consequences. For the research part we used the questionnaire as a research method. We work with pupils in grammar school in the the Czech Republic.

Key words

downhill skiing, ski training course, elementary school, pupil development, younger school age, older school age