

**Title:**

Significance of introductory exercises in teaching of elementary windsurfing.

**Objectives of the Theses:**

To prove the significance of introductory exercises in teaching of elementary windsurfing.

**Method:**

According to the classification of the research used in the theses, this is a pilot comparative study based on preliminary testing of an experimental group of students, a week's training period and a final outcome testing.

**Results and Conclusions:**

Results of the research assess the influence of application of introductory exercises on the pace and quality of acquisition of basic skills in windsurfing.

**Key words:** windsurfing, introductory exercises, basic skills, testing