

# CAN WE MAKE THE ALPINE SKI LEARNING MORE EFFICIENT BY OMITTING THE SNOW- PLOUGH TECHNIQUE? (Cigrovski et al., 2010)

## PURPOSE

To answer whether successful alpine ski learning depends on the technique used in formal alpine ski instruction.

Can a parallel-carving ski teaching approach achieve better results than the approach based on combined snow-plough and parallel techniques?



## METHODS

### PARTICIPANTS

n = 126 beginner skiers (96 male, 30 female)  
Age = 23.3±1.66 years, range 21-28 years old

2 equal sized homogenous groups. Participants were randomly assigned to parallel-only or combined snow-plough and parallel learning groups.



### INTERVENTION

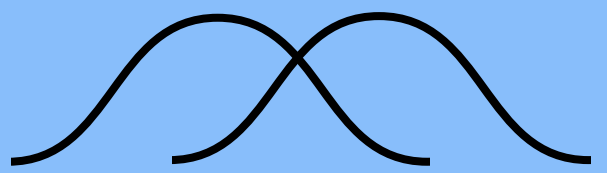
7 days of ski instruction.

After instruction, all participants were brought together to be graded on elements of alpine ski technique for a alpine ski knowledge assessment.

### MEASURES

5 elements of alpine ski technique - traversing, uphill turn, basic turn, short turn, parallel turn.

Between-group differences were measured with ANOVA.



### RESULTS

The control group, those learning with snow-plough and parallel techniques, earned higher mean scores for all five elements of alpine ski technique.

Knowledge and performance of short turns and parallel turns were statistically significantly different.

### DISCUSSION

Higher grades obtained by the participants taught by elements of parallel and snow-plough techniques are a result of **better learned basic ski movements**.

At the beginning of the learning process, **elements of snow-plough technique help faster learning**, and are not necessarily to be avoided.

Faster use of more demanding elements of parallel ski technique, in principle leads to skipping the indispensable phase of alpine ski learning.