

# Influence of Motor Abilities on Learning of Alpine Ski Technique

Cigrovski, V., Bozic, I., & Prlenda, N. (2012)

## Purpose



To determine which **motor abilities** contribute to learning of elements of alpine ski techniques in ski beginners.



To determine the influence of some **morphological characteristics** on efficiency of learning alpine skiing.

## Highlighted Results

Agility has greatest influence on ski beginners' acquisition of ski knowledge.

Static leg strength and balance are also significantly important while in the process of learning skiing.

Morphological characteristics were not statistically significant in predicting overall learning of alpine skiing.

## Methods

### Regression Analysis

#### Sample

86 males (22.76 ± 1.15 years)  
with no previous skiing experience

#### Independent Variables

17 motor ability tests  
Morphology measures - height, mass,  
body fat %, right thigh girth

#### Dependent Variable

Level of skiing knowledge after 7 days of formal ski instruction.

## Takeaways

While instructors should know ways and methods for teaching skiing, they should respect motor abilities influence on the learning process.



Recreational skiers or future skiers are recommended to have proper fitness motor preparation before skiing

