

SPORT COURAGE, WORRY AND FEAR IN RELATION TO SUCCESS OF ALPINE SKI LEARNING

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PURPOSE

To examine whether self-efficiency and courage would help students to better acquire new knowledge of alpine skiing.

METHODS

Sample

n = 340
252 never skied, 88 with basic skiing knowledge
106 F, 234 M; 21.98 ± 1.41 years old

Intervention

10-day structured ski school program

Data

4-part questionnaire - sport courage scale, Penn State worry questionnaire, self-efficiency in physical activity
Alpine skiing fear inventory

Ski assessment after intervention

Analysis

Regression analysis to determine predictors of ski knowledge acquisition.

RESULTS



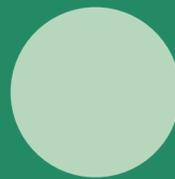
Male

Only self-efficiency was associated with better skiing performance,
Higher fear was related to poorer performance.



Female

Participants with more expressed fear had poorer skiing performance than those who were more determined and had greater scores in mastery, and self-efficiency.



Beginner

Beginners with lower score in fear and higher score in self-efficiency and mastery were better at alpine ski learning.



Experienced

Participants with previous ski experience who scored lower in worry and higher in self-efficiency had better skiing performance



DISCUSSION

To improve ski learning, teachers and ski instructors would need to **help ski beginners increase self-efficiency and reduce fear.**

When approaching **male** ski beginners *self-efficiency is associated with better performance.*

With **female** ski beginners it is important to *reduce fear* to achieve better results in an alpine ski school program.