

Proprioceptive training for learning downhill skiing.

Purpose:

To examine whether specific balance training helps novices to improve their skiing.

Quasi-experimental Design

- **Control** - 2 weeks of ski instruction,
 - 5 days/week, 2-4 hours/day
- **Intervention** - indoor balance training on balance boards
 - 4 days/week, 20 min/day
- **Measure** - 1. skills test post training, 2. balance pre/post training

Sample

30 adults (14 female, 16 male)
 Average age = 19.3
 No previous downhill skiing experience.

Participants randomly assigned to control (n=15) and experimental group (n=15).

Results

Skiing classes were effective and improved the skiing performance for both groups.

Extra balance training was associated with better downhill slalom scores in the experimental group at posttest.



Downhill Slalom Test (Seconds)

	<u>Mean</u>	<u>Standard Deviation</u>
Experimental Group	31.38	6.29
Control Group	42.48	11.62

F(1, 29) = 7.18 (p<.05)

The use of a balance board is considered to be essential for body weight control until skiers are able to perform skiing skills automatically.

Balance training

- 1) Familiarizes skiers with ski boots, ankle joint immobilization, and proper movement while skiing.
- 2) Helps beginners to focus on additional technique elements like improved body position.

