

Publications handles issues of downhill skiing. The work is divided into twelve chapters with titles: the history of skiing, boating equipment structure and cornering, the creation of conditions for teaching boating and cornering, přivrátané arcs, parallel arcs, carving, didactics downhill skiing, skiing, children, safety of the skiing and teaching safe behavior, downhill equipment, the international ski organizations, racing skiing. History is about the evolution of skiing from its beginnings to the present. Chapters 2 to 9 (structure and cornering techniques boating - Safety in teaching skiing, safe behavior) are devoted to teaching alpine skiing in terms of methodology, didactics and teaching proper behavior. The present text is intended primarily for students of teaching physical education. It is also suitable for primary and secondary schools and other educational staff and other interested parties who are interested in issues of downhill skiing.