

The textbook deals with downhill skiing. The work is divided into twelve chapters. The introductory chapter presents the history of skiing from its beginnings to the present. Chapters 2 to 9 are devoted to teaching alpine skiing in terms of methodology, didactics and teaching proper behaviour. The textbook is intended primarily for students of physical education but it will be useful for primary and secondary schools and other educational staff as well as for all those interested in issues of downhill skiing.