ABSTRACT

Title: Ski course of children with mental disabilities

Aim of thesis: To create a set of individual preparatory exercises for training downhill and turning techniques in alpine skiing for children with MR.

The sub-goal is to describe in individually observed children at the beginning, in the middle and at the of end the mastery of individual elements of skiing skills and riding technique during weekly training with the inclusion of optimized APA exercises for alpine disciplines.

Method: The method I use in my thesis is observation - an empirical procedure. The cohort consisted of four children with a diagnosis according to ICD-10 in the range of F70 - 79, who were observed three times in total (at the beginning, in the middle and at the end) during the skiing course. Children were observed performing assigned, pre-explained and demonstrated basic and open skiing skills.

Results: The methodology was compiled. It has been shown that children with mental disabilities in the range of mild and moderate mental retardation are able to learn and, in the case of previous experience, to improve their skiing skills. A child with severe mental retardation did not acquire the skills, as he/she was not able to accept the ski equipment, so even basic skiing skills were not taught. The children who received skiing lessons and were observed clearly enjoyed skiing. Based on the application of the methodology compiled by me during the week, I observed that there was an improvement in the skiing skills of all the children who participated. The improvement in most skills was demonstrated by observation. Fatigue and weather were among the main conditions affecting the successful application of the methodology. There was a significant improvement in all participating children, especially when riding the ski lift. The main condition for the successful application of the methodology was an individual approach to a child, reasonable setting of requirements and empathy on the part of the instructor, creativity of the teaching unit and respect for the principles of working with children with MR.

Keywords: teaching downhill skiing in children, mental retardation, biopsychosocial family health a child with MR