

Abstract

Title:

Methodology of telemark skiing

Aim of the study:

The aim of this thesis is to create educational, methodological and motivational film, which will include design of methodology of telemark skiing.

Methods:

In developing this thesis, we used a combination of methods of critical analysis of documents and the author's own empirical experience with telemark skiing with the method of comparison of selected knowledge, methods and participating and uninvolved observation and cinematographic film processing method. The work is a synthesis of theoretical research and dynamic field work.

Results:

According to this thesis was created teaching methodology and motivational DVD that in addition to the methodology also outlines the historical aspects and current concepts of telemark skiing. The text of the thesis in theoretical part complements the DVD detailed information from the history and information about telemark equipment. Methodology of teaching in the text corresponds to the contents of the DVD.

Keywords:

telemark, methodology, turn, step, stance, free heel