

English Tutorial Classes Week 12

Skiing

Junior Researcher: Anja Petrović

Faculty of Sport and Physical Education, University of Niš,
Serbia

Skiing

Skiing is the use of skis to glide on snow.

Variations of purpose include basic transport, a recreational activity, or a competitive winter sport.



Alpine skiing



Chairlifts



Ski lifts



Slope

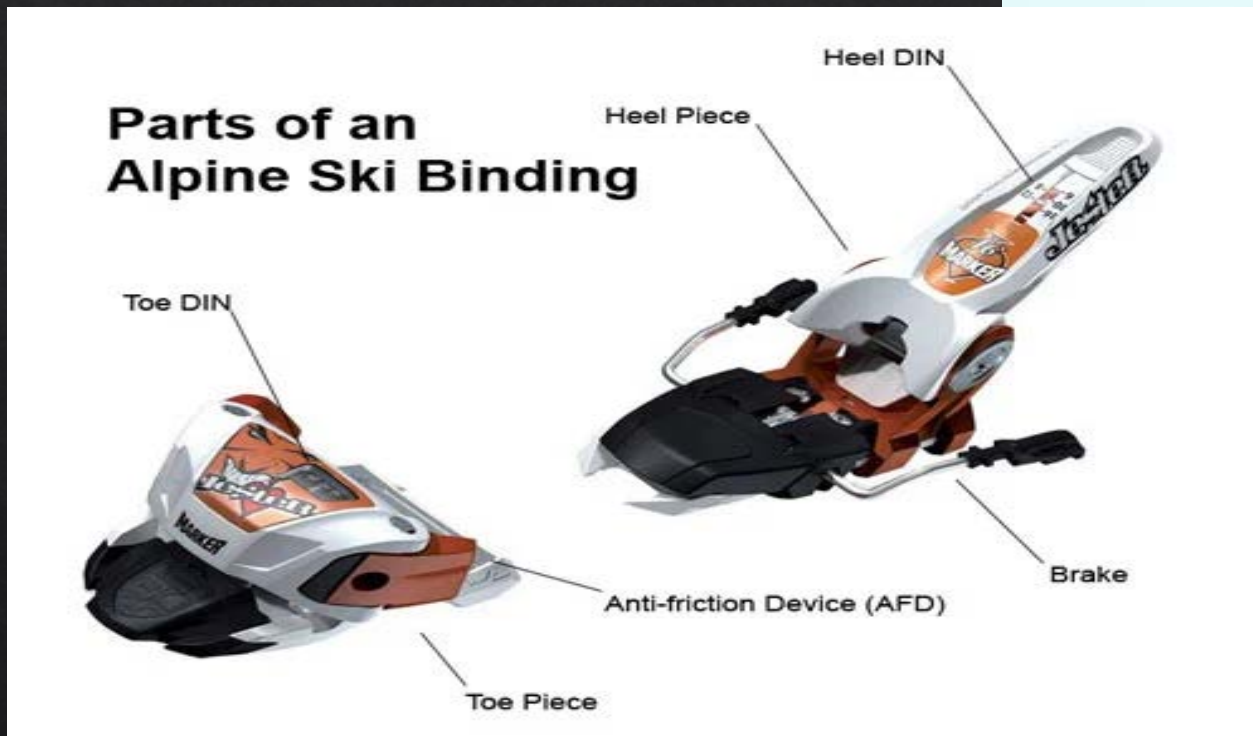
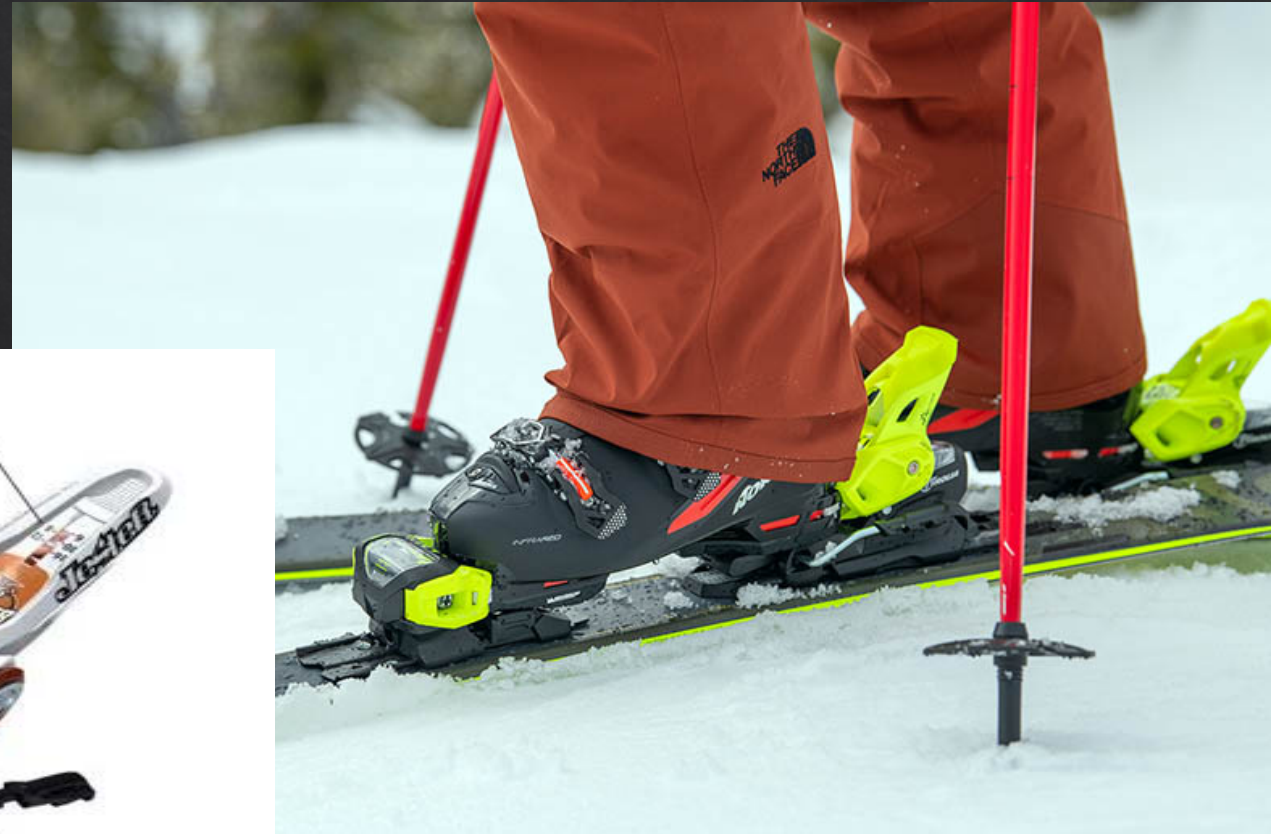
Backcountry skiing (Alpine skiing)

Backcountry skiing also called **off-piste** (Europe), **alpine touring**, **freeriding** or **out-of-area**, is skiing in the backcountry on unmarked areas either inside or outside a ski resort's boundaries.



Alpine skiing

It is characterized by **fixed-heel bindings** that attach at both the **toe** and the **heel** of the skier's boot.



Nordic skiing

Uses bindings that attach at the toes of the skier's boots but not at the heels.



Cross-country skiing (Nordic skiing)

Cross-country skiing is a form of skiing whereby skiers traverse snow-covered terrain **without use of ski lifts** or other assistance.



Ski jumping

Ski jumping is a winter sport in which competitors aim to achieve the farthest jump after sliding down on their skis from a specially designed **curved ramp**.



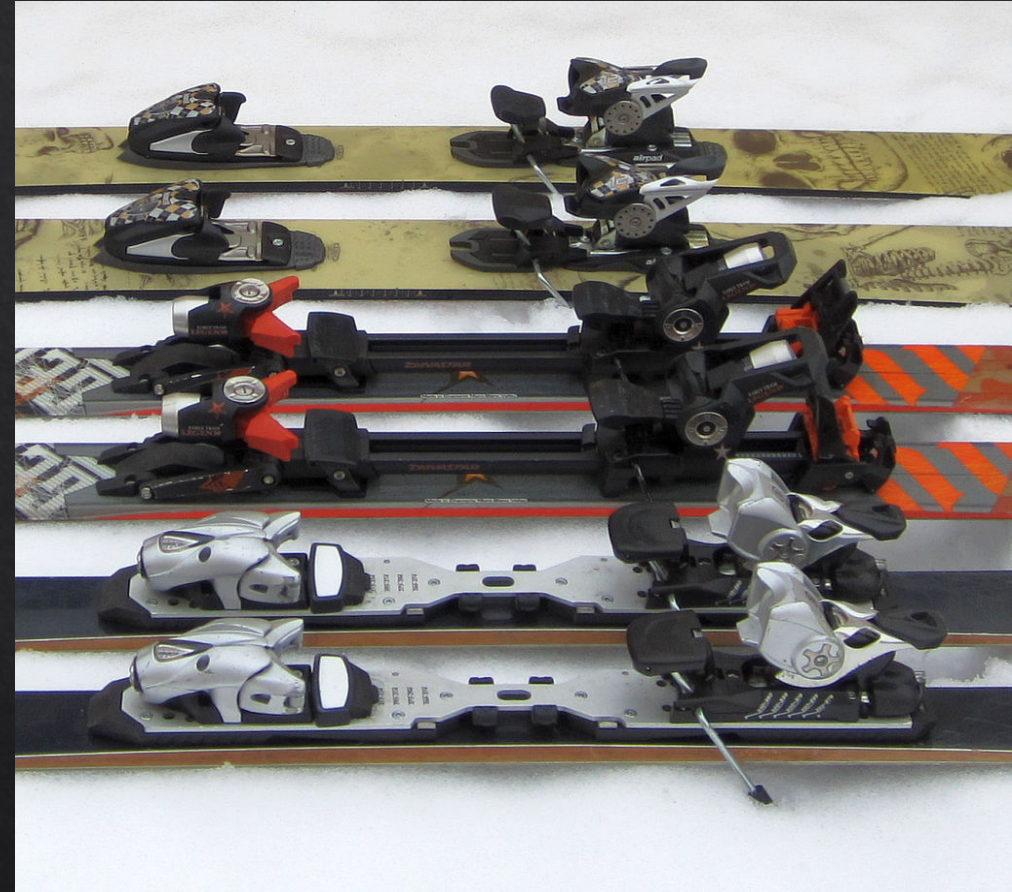
Telemark skiing

In Telemark skiing, you make turns by bending one knee and dropping that leg back while keeping your other leg forward.

It's a bit like a **lunge** or a **deep squat** as you ski down the mountain.



Equipment



Skis, boots and bindings

Equipment



Poles



Helmet



Ski suit

Equipment



Ski goggles



Skiing gloves



Ski masks

Skiing Vocabulary

All Mountain Skis – Skis designed for a broad range of conditions and terrain.

Black Diamond – A symbol used to denote expert ski trails, typically steep, challenging, and intended for advanced skiers.



Blizzard – A severe snowstorm characterized by strong, sustained winds and heavy snowfall, significantly reducing visibility.

Blower – A term for light, dry, powdery snow, perfect for skiing, which creates a cloud-like effect.

Blue Bird Day – A day with clear, blue skies following a night of snowfall, characterized by sunny weather and fresh, powdery snow – ideal ski conditions.



Bump – Mounds of snow on a ski slope that challenge skiers to navigate over and around them.



Bunny Slope – A slope designed for beginners, ideal for learning basic skiing.



Slalom – A skiing discipline involving skiing between and around a series of poles or gates. These are usually set in a zigzag pattern down the slope.



Carve – A clean turn made on the edge of the ski, without skidding.



How to Stand

- Stand tall with your feet about hip-width apart.
- Bend your knees and lean your shins forward.
- Keep your weight centered over both feet to stay evenly balanced.
- Hold your poles with the tips pointed backwards.
- Look ahead of you, not down at your skis.



How to **Glide**

- Push yourself off with your ski poles.
- Make sure to keep your knees bent and shins tilted forward to help you balance.



How to Walk Uphill

Herringbone Method

Position your skis into a V-shape, facing toward the slope. Your ski tails should be pointed toward each other but not touching.

Tilt the leading edges of your skis into the snow and use your poles to prevent yourself from slipping backwards.

With your knees bent and leaning forward, take small steps up the hill, maintaining the V-shape.



How to Ski in a **Wedge (AKA Snowplough or Pizza)**

In this position you form a V-shape with the tips of your skis, making it easier to control your speed and turns because of how far apart your feet are.

First, practice making a wedge on flat terrain with your **ski tips** pointed toward one another and **tails** spread apart.



Thank you for your attention