

English Tutorial Classes Week 11

Skiing

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Skiing

Skiing is the use of skis to **glide (kliziti)** on snow.

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

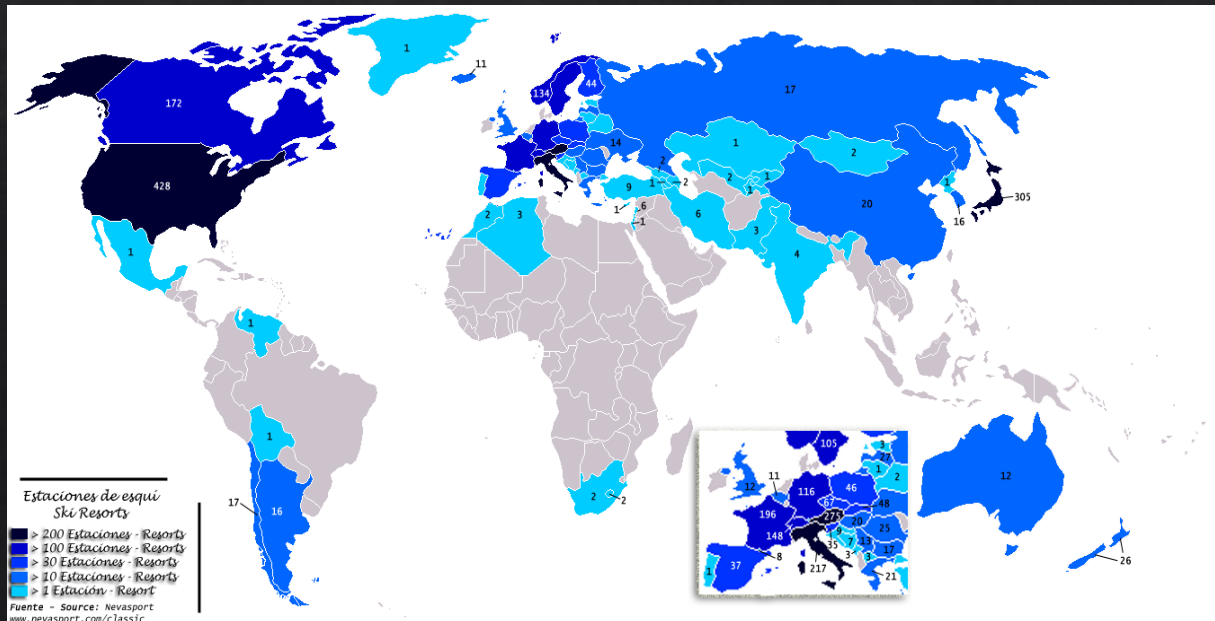


Types of Skiing

- Alpine skiing (alpsko skijanje)
- Cross-country skiing (nordijsko / langlauf skijanje)
- Freestyle skiing (fristajl skijanje / skijanje slobodnim stilom)
- Ski jumping (skijaški skokovi)
- Backcountry / off-piste skiing (vanstazno skijanje)

Alpine skiing

Alpine skiing (alpsko skijanje) – Also called "downhill skiing" (spust), Alpine skiing typically takes place on a **piste** (uređena staza) at a **ski resort** (skijaški centar).





Ski Lift Types



Chairlifts
(sedežnice)



Gondola lift
(gondola)



T-bar lift (uspinjača
tipa sidro)



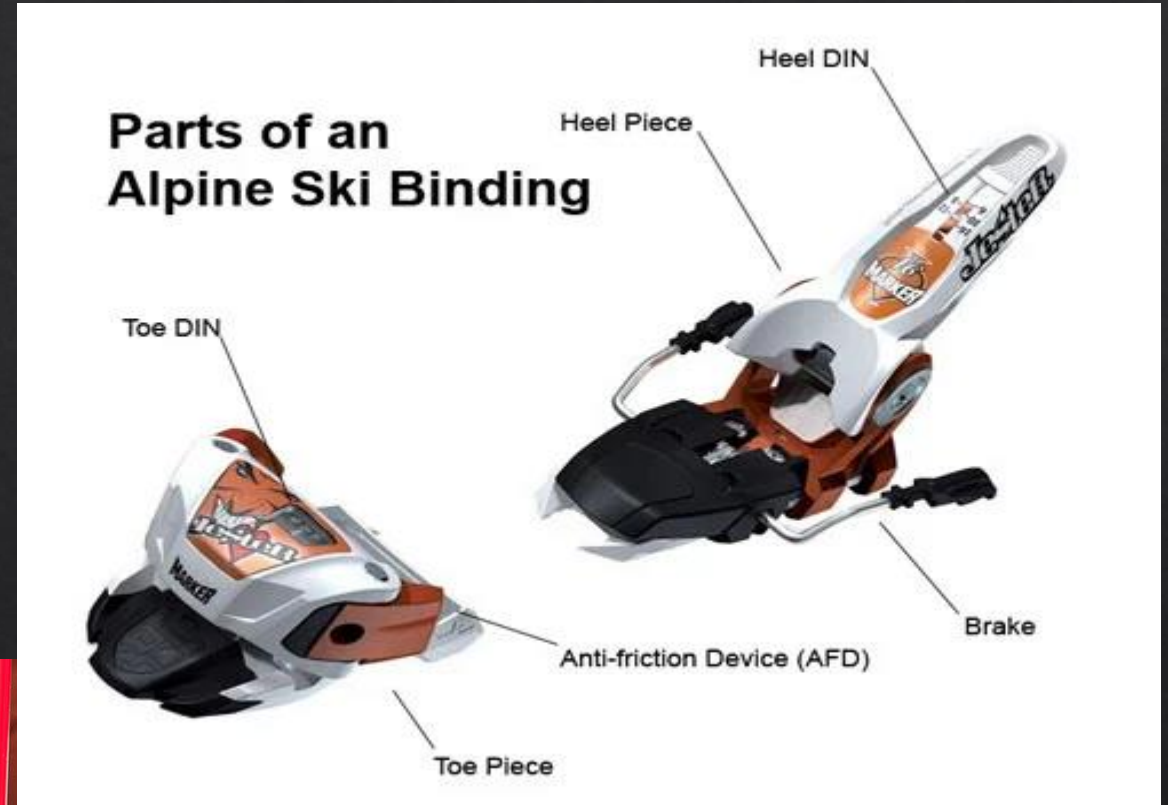
Ski Lift Types

Magic carpet
(transportna traka – za
početnike)



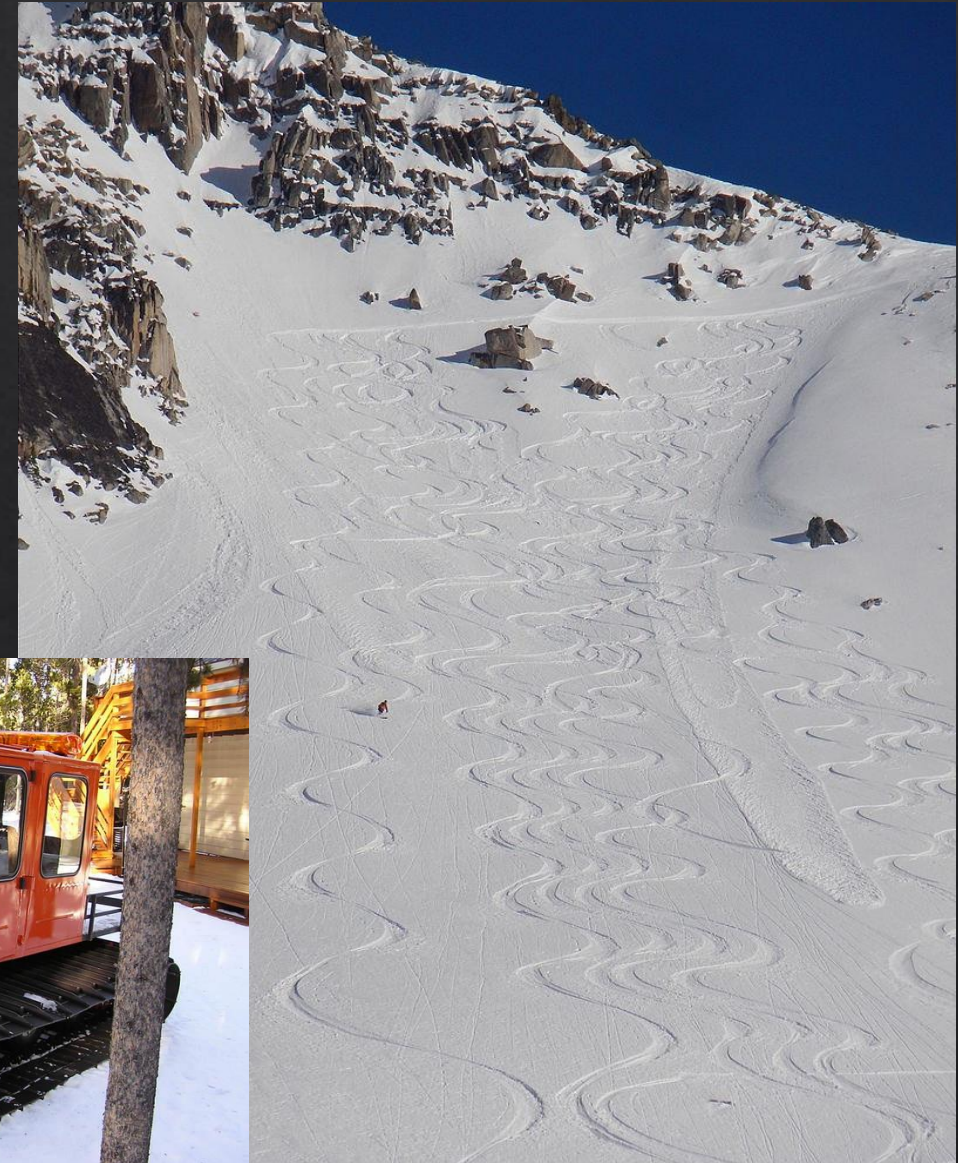
Alpine skiing

It is characterized by **fixed-heel bindings** (vezovi sa fiksiranom petom) that attach at both the **toe** (prstima) and **the heel** (peti) of the skier's boot (pancerice / skijaške cipele).



Backcountry skiing (Alpine skiing)

Backcountry skiing, also called off-piste (vanstazno skijanje) or out-of-area (skijanje van označenih zona), is skiing in the backcountry (skijanje u divljini) on unmarked areas (neobeležanim terenima), either inside or outside a ski resort's boundaries.



Cross-country skiing (Nordic skiing)

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



Cross-country skiing - Nordic skiing

Uses bindings (vezove) that attach at the toes (pričvršćuju se za prste) of the skier's boots (pancerice), but not at the heels (peta).



Freestyle skiing (fristajl skijanje)

Involves jumps, tricks, and acrobatics (skokovi, trikovi, akrobatika).

Includes slopestyle (slobodni stil na stazi), moguls (grbine).



Ski jumping

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



Telemark skiing

In Telemark skiing (Telemark skijanje), you make turns (pravite zaokrete) 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 (skije), Ski boots (pancerice), Bindings (vezovi)

Equipment



Ski poles (štapovi)



Helmet (kaciga)



Ski suit (skijaško odelo)

Equipment



Ski goggles
(naočare za sneg)



Skiing gloves
(skijaške rukavice)



Ski masks
(skijaške maske)

Equipment



Thermal Underwear
(aktivni veš)



Neck warmer
(grejač za vrat)



Avalanche beacon
(uređaj za lavinu)

Basic Movements & Techniques

- Snowplough (plug) – used to slow down
- Parallel turn (paralelni zaokret) – basic turning technique
- Carving (karving) – using the edges of the skis to make clean turns
- Edge control (kontrola ivica) – key for balance and control
- Weight shifting (premeštanje težine) – essential for steering

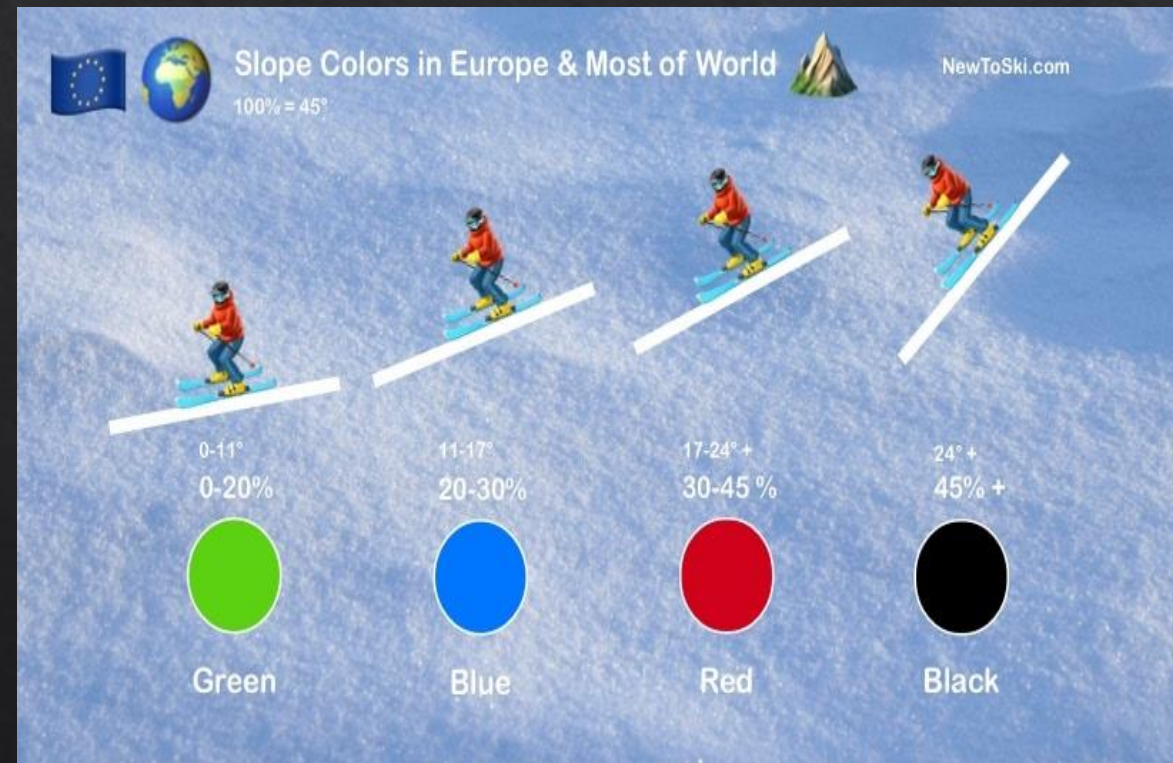
Skiing Vocabulary

Green run / Green slope (zelena staza):
a very easy slope for kids and beginners

Blue run / Blue slope (plava staza):
easy slope

Red run / Red slope (crvena staza):
intermediate slope

Black run / Black slope (crna staza):
advanced slope



Skiing Vocabulary

All Mountain Skis (skije dizajnirane za širok spektar uslova i terena) – Skis designed for a broad range of conditions and terrain.



Black Diamond (USA/Canada) (crna staza) – A symbol used to denote expert ski trails, typically steep, challenging, and intended for advanced skiers.



Blizzard (snežna oluja) – A severe snowstorm characterized by strong winds and heavy snowfall, significantly reducing visibility.

Blower pow (lak, suv, rastresit sneg) – A term for light, dry, powdery snow, perfect for skiing.

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



Bump (izbočine od snega) –
Mounds of snow on a ski slope.



Bunny Slope (školska staza ili dečja staza) – A slope designed for beginners, ideal for learning basic skiing.



Avalanche (lavina)



Whiteout (smanjena vidljivost
usled snega i oblaka)



Groomed slope (uređena staza)



Off-piste (vanstazni teren)



Powder snow (pow-pow /
pow) (prašnjavi sneg/
rastresit sneg, „puder“,
„pršac“)



Packed snow (utaban sneg)



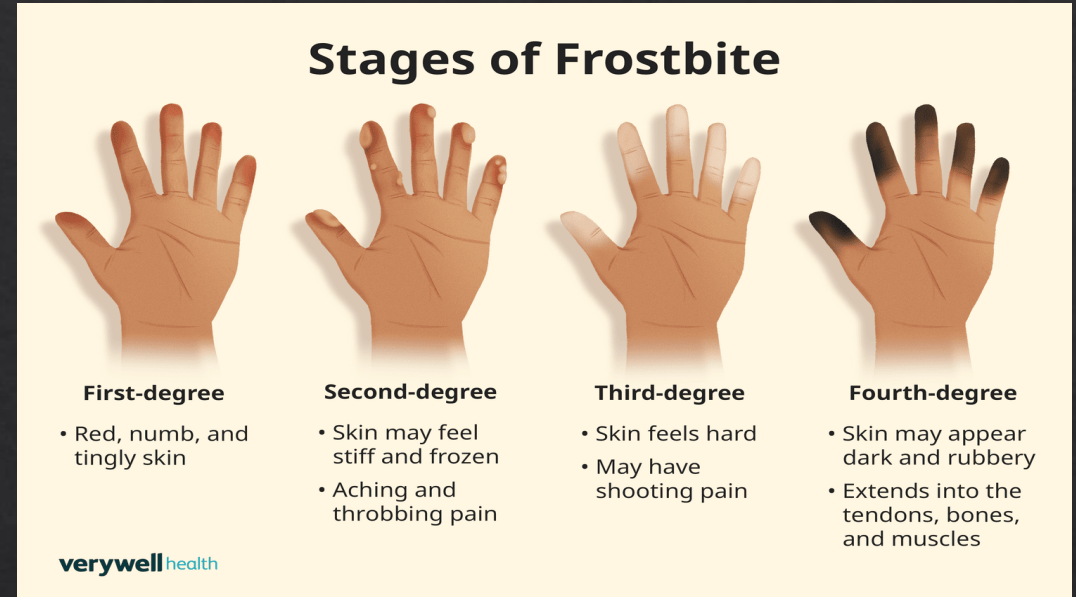
Icy slope (ledena staza)



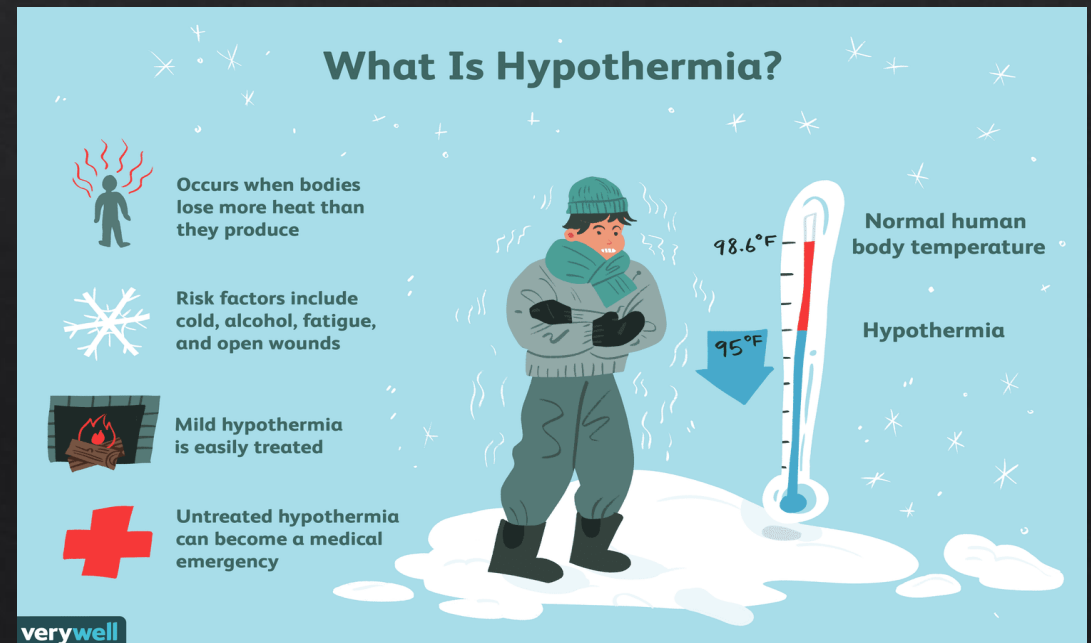
Corn snow (zrnast sneg –
prolećni sneg)



Frostbite (promrzlina)



Hypothermia (hipotermija – smanjenje telesne temperature)



How to Stand

- Stand tall with your feet about **hip-width apart** (u širini kukova).
- **Bend your knees** (savijte kolena) and lean your shins forward (nagnite cevanice napred).
- Keep your **weight centered** (držite težinu centrirano) over both feet to stay evenly balanced.



How to Stand

- Hold your poles (držite štapove) with the tips pointed backwards (vrhovima okrenutim unazad).
- Look ahead of you (gledajte ispred sebe), not down at your skis.



How to Glide (kako kliziti na skijama)

- Push yourself off (odgurnite se) 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 (makazasto penjanje)

Position your skis into a V-shape (postavite skije u oblik slova V), facing toward the slope (okrenute ka uzbrdici).

Your ski tails (zadnji krajevi skija) should be pointed toward each other (okrenuti jedan prema drugom), but not touching (da se ne dodiruju).



How to Walk Uphill

Tilt the leading edges (nagnite prednje ivice) of your skis into the snow and use your poles to prevent yourself from slipping backwards (klizanje unazad).

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



How to Ski in a **Wedge (klin) / Snowplough (plug)**

In this position you **form a V-shape (formirate oblik slova V)** with the tips of your skis, making it easier to control your speed and turns.

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



Thank you for your attention