



SKI EASY – Poenoten učni model - PUM



R. Pišot,
IAESS & SKI EASY projektna skupina
Rogla, 09.12. 2023



Izhodišča...

- ZNAČILNOSTI SODOBNE DRUŽBE (socialnega in fizičnega okolja) narekujejo **SPREMEMBE**
- NOVE POTREBE ob zavedanju OSNOV
- CELOSTNI in na UPORABNIKA OSREDINJEN pristop –
 - **SPOŽILCI GIBALNEGA ZNANJA VS SMUČARSKI ELEMENTI**
- PREPROSTO in PRIJAZNO – SKIEASY
- SODOBNA DIDAKTIČNA ORODJA



1

2



3



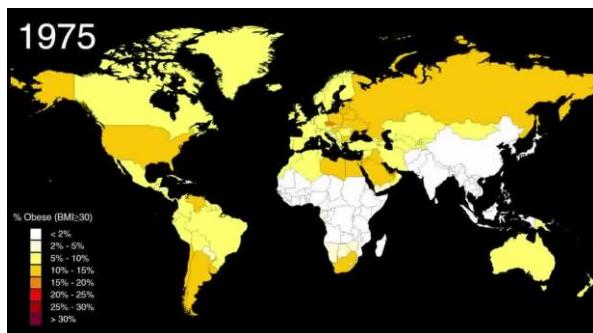
4



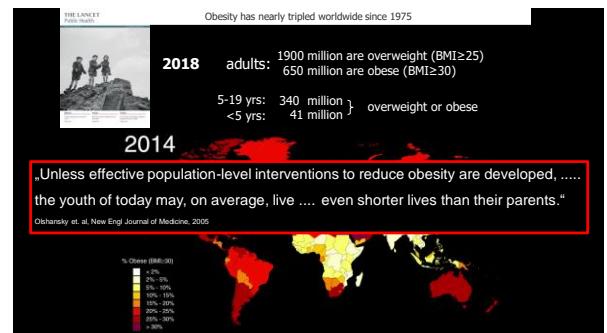
5



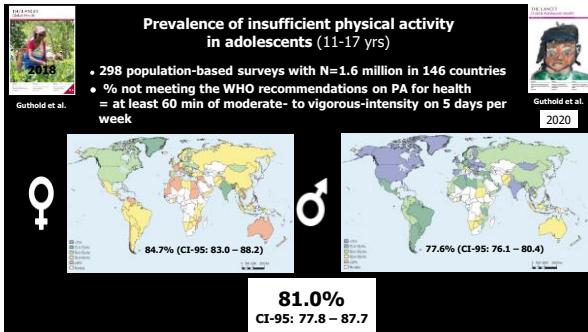
6



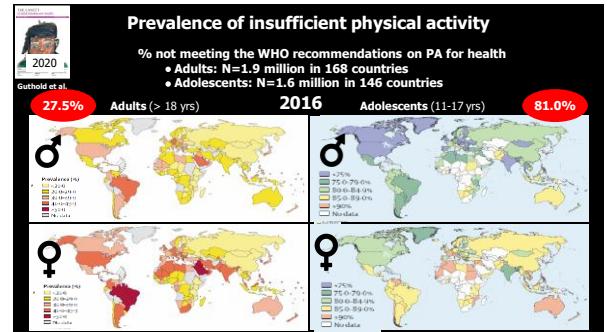
7



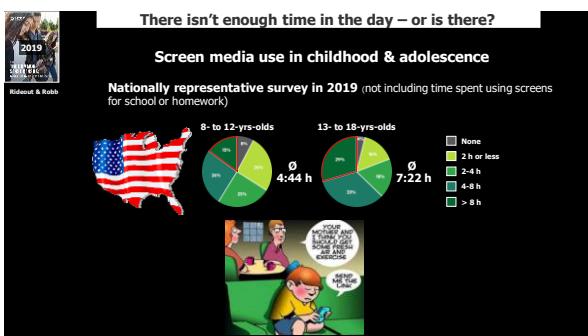
8



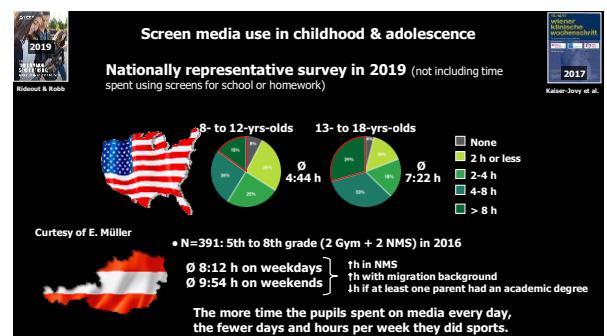
9



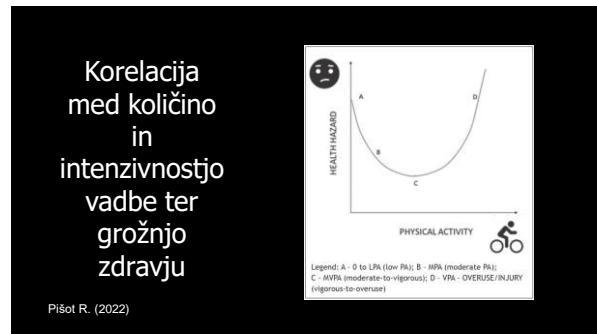
10



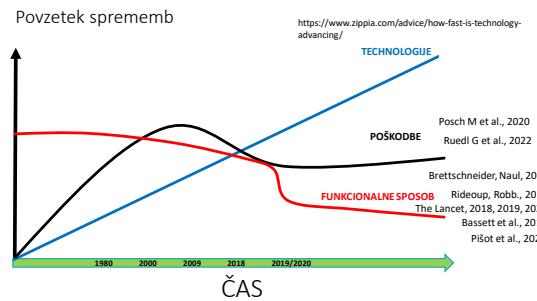
11



12



13



14

KAJ PA SE NI SPREMINILO



15

FIZIKA – SILA GRAVITACIJE



16

ANATOMIJA - FIZIOLOGIJA



17

MOTORIČNA KONTROLA

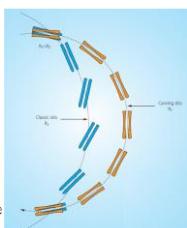
Gene Kellogg (courtesy of Ron Kipp)



18

GLAVNI CILJ – PREČENJE VPADNICE!!

„They were sliding down on their curved wooden planks and overcame the hill also when the snow was soft and deep.“
J. V. Valvasor (1689)



PREHOD VPADNICE!!

Drsenje po hribu-

- Varno in učinkovito,
-
- Z veseljem in v zabavo,
- Racionalno in hitro.



19

20

- ZNAČILNOSTI SODOBNE DRUŽBE (socialnega in fizičnega okolja) narekujejo SPREMEMBE
- NOVE POTREBE ob zavedanju OSNOV
- CELOSTNI in na UPORABNIKA OSREDINJEN pristop –
 - SPROŽILCI GIBALNEGA ZNANJA VS SMUČARSKI ELEMENTI
- PREPROSTO in PRIJAZNO – SKIEASY
- SOSDOBNA DIDAKTIČNA ORODJA



21

DEJSTVA

- VISOKE TEHNOLOGIJE SO PREPLAVILE IN ZASVOILO SVET
- Upad funkcionalnih in gibalnih sposobnosti
- Visoki stroški – NI časa
- Potreba po varnosti
- **Popularnost snežnih športov -??!!**
- Kako preusmeriti tveganja v svojo prednost

EASY – password




22



EASY !!

- : causing or involving **little difficulty or discomfort**
- : requiring or indicating **little effort**, thought, or reflection
- : **not severe** : **LENIENT**
- : **not steep or abrupt - easy slopes**
- : **not difficult to endure or undergo**
- : **readily taken advantage of**
- : **readily available.....**



23

SKI EASY

Educational, Accessible, Simple, Youthful



E (education): to promote education in and through sport with a special focus on learner & instructor with a teaching module – SKI EASY certificate;

A (accessible): accessible learning and promoting participation in sport; Snowsports Days – SKI EASY EVENT to reach the population of deprived children.

S (simple): simple communication – implementing an educational model of teaching Snowsports (ski alphabet, dictionaries and animation) for beginners of different worldwide linguistic groups to simplify the teaching process.

Y (youthful): a youthful, state-of-the-art, and IT-driven approach to teaching (SKI EASY MOB APP) for overcoming language and cultural barriers.

24



25



Temeljni cilj:

- **Usvojiti** občutek za:
 - **Gibanje na snegu.**
 - Poiskati **prave sprožilce**:
 - Gibalne (motorične) kontrole.
 - Gibalnih znanj.

Wisdom is not a product of schooling but of the lifelong attempt to acquire it." Albert Einstein

26



Wenderoth et al., 2018

27



KAKO.....KAJ?

NA OSNOVI:

- Raziskav, teorije in sodobnih tehnologij!

RAZVITI:

- Kurikulum – priročniki – didaktični material, ...
 - Mobilna aplikacija –

SKI EASY MOBILE APP

28

KAJ.....!?

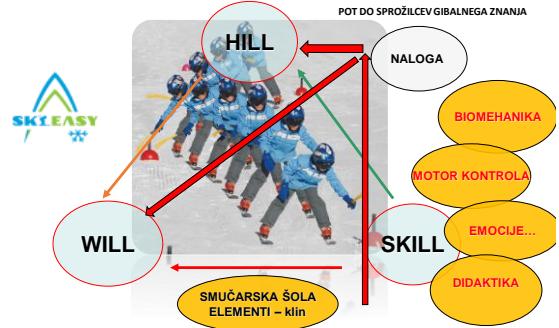
Temelječ na osnovnih potrebah:

- Usvojiti **občutek za**:
- Stabilizacijo trupa - ravnotežje,
- Nadzor hitrosti in ustavljanje,
- Spremembo smeri – zavoj,
- Upravljanje s težiščem,
- Koordiniran zavoj.



"Tell me and I forget, teach me and I may remember, involve me and I learn." — Benjamin Franklin

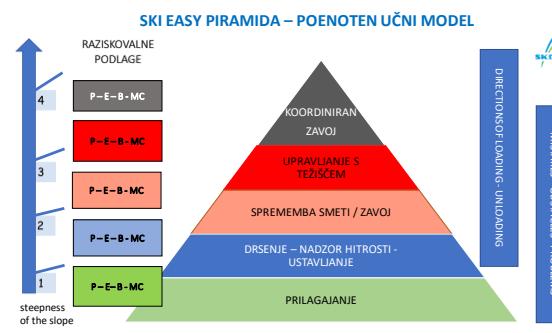
29



30



31



32



SKI EASY kurikulum

- Opredelitev stopenj iz –
 - Psihološkega vidika
 - Biomehanskega vidika
 - Vidika motorične kontrole
 - Didaktičnega vidika
- Cilji – pričakovani učni dosežki - learning outcomes
- Napake – problemi
- Smeri obremenitve in razbremenitve
- Opredelitev vaj in iger –

POT do SPROŽILCEV GIBALNEGA ZNANJA



33

ŠE V TEKU...

- SKI EASY MOB aplikacija & animacija ...
- SKI EASY priročnik and slovar, ...
- SKI EASY oprema
- SKI EASY spletna stran – obseg, vsebina, ...
- CERTIFIKAT – specializacija ... nadgradnja
- 10 SKI EASY srečanj – Tarvisio, Italy; Bohinj, Slovenia; Sarajevo, BIH, Pamporovo, Bulgaria; Zagreb, Croatia; Kopaonik, Serbia; Innsbruck, Austria; online meetings, SKI EASY SNOW DAY -
- ZAKLJUČNO SKI EASY SREČANJE – Rogla, Slovenia, December, 2023



34

Animation scientific bacground – kinematics & PILOT EVENT
Jahorina – Sarajevo – January 2022



35



Pamporovo, Bulgaria – March 2022



36



Kopaonik, Serbia – Januar 2023



37



Innsbruck, Austria – March 2023



38

SKI EASY MANUALS – delovno gradivo...

SKI EASY

CHILDREN ARE NOT MINI-ADULTS

<https://www.skieasy.eu>

1. Grandmas said that children should wear a CAP
2. Children are always more likely to BREAK BONES
3. Children do not adapt well to sun and UV radiation!

THAT IS THE MYTH!

Children have thinner skin, more collagen and collagen fibers. Their bones are less dense than those of adults. They have less body fat, a higher ratio of body surface to body mass, and less ability to regulate bones and body temperature.

The eyes and temporality of bone growth are different in children than in adults. In children there is a difference in the rate of growth between the upper and lower limbs, and the upper limb grows faster than the lower limb.

John Hockenberry, See Images, Available:



SKI EASY
SKI EASY

39

SKI EASY MOB APP – v teku....

- MOB APP
- <https://skieeasy.eu/app/>
- SKI EASY animacija
- Password – interski23



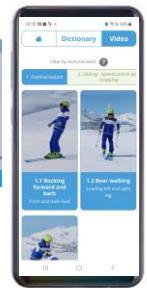
40

SKI EASY MOB APP

- Slovar – 15 jezikov
- Oprema
- Deli telesa
- Okolje
- Tehnika
- Didaktični pripomočki
- Komunikacija – osnovna
- 5 stopenj – video animacija



SKI EASY MOB APP



41

42



Password – interski23

43



44



45



46



47