



3rd Scientific Conference
SPE BALKAN SKI
Science, Practice & Education

THE BOOK OF ABSTRACTS



ROGLA, 2020

Ski Instructors Association of Slovenia (SITAS) &
Science and Research Centre Koper (SRC), Slovenia



3rd Scientific Conference
SPE BALKAN SKI
Science, Practice & Education
(Rogla, 2020)

The Book of Abstracts



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The Book of Abstracts

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SELF-ASSESSMENT AMONG SKI INSTRUCTORS WITH DIFFERENT LEVELS OF BASIC ALPINE SKIING SKILLS

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Abstract

Ski instructors need to have adequate knowledge and skills in assessing sports techniques as a condition for successful intervention that will lead to improved performance.

The purpose of this research was to assess how instructors with different levels of performance evaluate their skiing skills. A total of 58 Instructor candidates were rated with a score of 1 (lowest) to 5 (highest) by Examination Board in 7 elements of basic alpine skiing technique: Gliding straight (basic position), Wedge swinging, Wedge curves, Basic turn, Basic swinging, Wide corridor and Narrow corridor.

After the practical exam, all candidates completed a self-assessment form on the same scale of 1 to 5 for each individual skiing element. The average practical grade of all seven skiing techniques, awarded by the Examination Board, was taken as a criterion for grouping. Three groups of high, intermediate and low skiing level were defined. The high-performance group consisted of a total of 16 candidates with an average grade above 4. The mid-level group consisted of 26 candidates with an average grade between 3 and 4, while the low-performance group comprised 16 candidates with an average grade below 3. The results obtained from the Examination Board and the Self-Assessment were compared to determine the degree of coincidence expressed as a percentage difference between these two scores.

From the results obtained, there is an evident difference in the objectivity of the self-assessment between groups. The high performance group showed the smallest percentage difference (9.79%) in the scores obtained by the Examination Board and the Self-assessment. The mid-level group showed a percentage difference between the two scores of 21.95% and the low-performance group of 54.04%. The high-performance group was recorded also by several individuals who underestimated their performances, which is not the case with the other two groups. There is a significant overrated self-perception in the intermediate group and especially in the low skills group.

The conclusion is that the higher level of performance increases the degree of objectivity of self-assessment. This rate of self-estimation and awareness of body position is probably due to the higher skiing experience of the candidates with the highest level of performance.

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