Why Should Snow Sports Be Taught in Schools?

*Potential Arguments to Establish Ski Sport as Part of the School Curriculum*

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University of Augsburg (as of 1. 10. 2010)
Introducing myself

- Childhood and school in Aachen
- Studied in Berlin
- Teaching and doing research in Gießen,
- München and Augsburg
- Member of the „Arbeitsgemeinschaft Schneesport und Hochschulen“ (ASH)
What I will talk about

- The different goals of the snow sports associations and the educational institutions
- Analyze the goals of educational system in more detail
- Show where there is scientific support in favor of teaching snow sports an where it is lacking
- Give examples of how the DSV cooperates with educational institutions
- Suggest what to do to teach snow sports in schools
Different goals – same ways?

<table>
<thead>
<tr>
<th>Education</th>
<th>Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNESCO</td>
<td>Education for Sustainable Development</td>
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<tr>
<td>minister of education</td>
<td>Education for and by doing sport</td>
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<tr>
<td>school</td>
<td>Realize goals formulated above</td>
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<table>
<thead>
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<th>Snow sport</th>
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<tr>
<td>FIS</td>
<td>popularize snow sports, TV presence</td>
</tr>
<tr>
<td>national organizations</td>
<td>develop peak performance, recruit spectators</td>
</tr>
<tr>
<td>Ski club</td>
<td>train the athletes, recruit members</td>
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</tbody>
</table>
New generation of sport curricula

- PE’s dual task
  - education *to do* sports
  - education *by doing* sports

- Movement fields
  - education by different forms of movement

- Multiple perspectives
  - doing sports for different reasons
Example: Cross country skiing

Goal: Ski 20 minutes at a stretch
- Goals within cross-country skiing
  - Learn the cross-country ski technique
  - Strengthen endurance
- Goal by doing cross-country skiing
  - Strengthening the immune system
  - Impart the relation between endurance, overweight, and health
  - Impart training principles to train skiing alone

Overall goal: Competence to do cross country skiing
- In a nutshell: competence implies knowledge, skill and intention
Six perspectives (Kurz 2000)

Meaning of Sport

- risk & responsibility
- effort
- co-operation
- health
- expression
- impression

Stefan Künzell
Universität München
Example: Snowboard

- Planned teaching unit
  - Theoretical introduction into jumps on a snowboard
  - Building teams of two pupils that are mutual responsible for each other
  - Both decide on their starting points of the inrun
  - Both decide on prolonging the inrun and on the tricks on the basis of previously taught criteria
  - Perspectives: risk & responsibility, cooperation

- Goals within snowboarding
  - jumping technique, style, performance estimation

- Goals by doing jumps on snowboard
  - Social competences
Arguments for snow sports

Education to ski (snowboard, ...)
- Skiing is an important part of the cultural heritage
- Skiing is an important part of the current sport reality
- Skiing is a life-time sport

Education by skiing (snowboarding, ...)
- Education for sustainable development
- Social competence
- Covering all pedagogical perspectives
But ...

- There are other sports that compete with snow sports
- Empirical evidence of achieving the claimed goals’ achievement is still lacking
Empirical evidence

Requirements

- A valid measurement of the postulated effect
- Two repeated measurements (before and after the snow sports course)
- At least two groups (snow sports group and control group, better additional sport groups)
The immune system profits from recreational cross-country skiing (Müller et al, 2001)

„Alpin ski and snowboard are among the safest sports, if you consider the ratio of the number of suffered injuries to the number of people doing this sport“ (Aschauer et al, p.306)
Ski courses make strong! (Kuhn et al., 2001)

Investigation on the impact of snow sports courses on the self concept

- Piers-Harris Children’s Self-Concept Scale (PHCSCS)
  - Subscales behavior, intellectual and school status, physical appearance and attributes, anxiety, popularity, happiness and satisfaction
- Pre-Posttest-Design, 113 pupils (67 girls, 46 boys)

Significantly more positive self-concept after the ski courses 😊

But: No control group 😞

Social competences

- Outdoor education (Reuker 2009)
- Evaluation of the impact of different types of sport excursions on the willingness to act in a social and cooperative manner
  - Questionnaire and score of cooperative computer game
  - Different treatment and control groups (outdoor education, sport excursion, sport program, ...)
- Advantage for outdoor education program 😊
- But: No snow sports courses investigated 😞

Actual situation in Germany

- In snow-far regions
  - Sometimes snow sports as excursion (5 to 8 days)
    - Marginal in primary schools
    - Partially part of a school profile in secondary schools

- In snow-near regions
  - Snow-days in primary and secondary schools
  - Snow sports as excursion (5 to 8 days)
Concepts of the DSV

Snowsport „kinderleicht“ (Wippert et al., 2009)
- Moved city (Bewegte Stadt)
- Moved country (Bewegtes Land)

On your marks, set ... ski! (Wolf et al. 2010)
- DSV school sport concept
- ticket2nature
“Bewegte Stadt, bewegtes Land”

- Goals: Health education, motor development, social competences, integration through sport.
- Target groups: Children 3 – 6 years, families with low snow sports affinity, children with migrational background, socially weak children and families
- Cooperation between ski club, kindergarten, ski association, local authority

Pia-Maria Wippert
Realization in 6 unit

• Moving playfully in the snow
• Snow sport devices in action
• My ski an me
• I climb a hill with ski (alpin) / I experience the terrain (nordic)
• My ski do what I want
• I’m a skier / a cross country skier
## Evaluation

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<tr>
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<th>2008 (N=38)</th>
<th>2009 (N=47)</th>
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</thead>
<tbody>
<tr>
<td>emotional conditioning</td>
<td>+ qualitatively</td>
<td>+ qualitatively</td>
</tr>
<tr>
<td>self-esteem</td>
<td>+ qualitatively</td>
<td>+ qualitatively,</td>
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<tr>
<td></td>
<td></td>
<td>quantitatively</td>
</tr>
<tr>
<td>well being</td>
<td>no effects</td>
<td>+ qualitatively,</td>
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<tr>
<td>integrative processes</td>
<td>+ qualitatively</td>
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</tr>
<tr>
<td>sport commitment</td>
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Wippert u.a. 2009, S. 26
On your marks, set ... ski!

Module A (Wolf, Wippert, & Molt)
- Concepts for primary schools
  - focus on recreational sport
  - focus on competitive sport

Module B (Roth & Lienemann)
- ticket2nature
DSV school sport concept

- Responsibility for the motor development of children
- Motivate children to lifetime sport
- Support children in competitive snow sports
- Cooperation of schools and snow sports clubs

Jürgen Wolf
http://www.ski-online.de/1900-viewbig_4939.htm
Focus on recreational sports

- Monetary support of the club-school-cooperation by the state
- Personal support by institutionalized voluntary services (voluntary social year)
- Planning support
- Evaluation support
Focus on competitive sport

- Monetary support of the club-school-cooperation by the DSV
- Personal support by the DSV
- Certification on the basis of well defined criteria
- Not for „snow-far“ regions
Different goals – same ways?

**Education**

- **Organization**: UNESCO
- **Goal**: Education for Sustainable Development

**Snow sport**

- **Organization**: FIS
- **Goal**: Popularize snow sports, TV presence

**Local**

- **School**: Recruit members
- **Local organizations**: Recruit athletes and spectators

**National**

- **Minister of education**: Education *for and by* doing sport
- **National organizations**: Recruit members

**Global**

- **UNESCO**: Realize goals formulated above
- **FIS**: Ski club

Stefan Künzell
Realization in snow camps: Backcountry ski, alpine ski, cross-country ski, snow shoes

Overall goal: Impart fun and joy being outdoorsy in a sustainable way

- Education for sustainable development
- Develop competences for a sustainable lifestyle

Nature based experience correlates with ecological behavior
Different goals – same ways?

Education

Organization: UNESCO

Goal: Education for Sustainable Development

by

Education for and by doing sport

School

Realize goals formulated above

Snow sport

Goal: popularize snow sports, TV presence

by

recruit athletes and spectators

national organizations

Organization: FIS

local

Ski club

recruit members
Conclusions

- Snow sports should be taught in schools! It enriches life significantly
- Snow sports are good for the pupil’s health
- Snow sports are presumably a way to spark interest in sustainable development
- Teaching snow sports is presumably a favorite way to achieve educational goals that are strived for in physical education
To do

- Analyze the educational goals on a global, national and local level
- Show that teaching snow sports is an excellent way to achieve these goals
- Try to give (scientific) proof of that statement
- Expand cooperation between schools and snow sports clubs, ministry of education and snow sports associations
THANK YOU FOR YOUR ATTENTION

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http://www.gss-bensheim.de/08-09/Sport/DSC06786.JPG