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25 Validity of sport-specific field tests for elite and developing alpine ski racers26 Relationship of anaerobic performance tests to competitive alpine skiing events; 27 Aspects of technique-specific strength training in ski-jumping; 28 Programme for the objectivization of sportspecific performance preconditions, in the long-term development of performance of cross-country skiers; Part Three: Movement Control and Psychology in Skiing; 29 Movement regulation in alpine skiing; 30 The technique of gliding in alpine ski racing-safety and performance
31 A profile of sensorimotor balance of alpine skiers

Sommario/riassunto

The first International Congress on Science and Skiing was held in Austria in January 1996. The main aim of the conference was to bring together original key research in this area and provid an essential update for those in the field. The lnk between theory and practice was also addressed, making the research more applicable for both researchers and coaches.This book is divided into five parts, each containing a group of papers that are related by theme or disciplineary approach. They are as follows: Biomechanics of Skiing; Fitness testing and Training in Skiing; Movement Control and P