



Università degli Studi di Verona
Corso di Laurea in Scienze delle Attività Motorie e Sportive
A.A. 2015/2016

Course: Methods of Skiing

Professor: Gianluca Vernillo

Purpose

To provide the theoretical and practical knowledge for the strength and conditioning training in skiing

Program

1. Physiological model of skiing
2. Performance model of skiing
3. Physiological testing for skiing
4. Theoretical and practical aspects of strength training in skiing
5. Theoretical and practical aspects of aerobic training in skiing
6. Theoretical and practical aspects of strength training in skiing
7. Theoretical and practical aspects of supplemented area in skiing-training (e.g., balance training, functional training, core stability etc.)
8. Injury epidemiology and treatment in skiing
9. Practical translation of the physiological testing for skiing in real-settings (OPTIONAL)

Final exam

Presentation of a short thesis (e.g., Power Point, Keynote) that deepens the contents of the course

References

1. McArdle WD, Katch FI & Katch VL. (2009). Exercise Physiology: Energy, Nutrition and Human Performance. 7th Ed. Lippincott Williams & Wilkins.
2. Tanner R, Gore C (2009). Physiological Tests for Elite Athletes. 2nd Ed. Human Kinetics.
3. Müller E (2012). Science and Skiing V. Meyer & Meyer Verlag.
4. Further, students will be asked to study on several recent scientific publications (furnished by the professor) that will be discussed during the lessons.