

**PRIRUČNIK ZA PREDMET ENGLISKI JEZIK ZA  
OPERATIVNE TRENERE SKIJANJA**

**AUTORIZOVANE BELEŠKE**

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# PRIRUČNIK ZA PREDMET ENGLSKI JEZIK ZA OPERATIVNE TRENERE SKIJANJA

## UVOD

Cilj Priručnika je da polaznicima kursa za operativne trenere skijanja obezbedi potrebna znanja za tumačenje tekstova na engleskom jeziku u vezi sa skijanjem, kao i da im omogući osnovnu usmenu komunikaciju na engleskom jeziku u struci. Pored toga, cilj ovoga kursa je i sticanje znanja i sposobnosti za uređenje terminološkog sistema u vezi sa skijanjem. U skladu s tim, ovaj materijal sadrži: osnovne podatke u vezi sa savremenim engleskim jezikom, kratak prikaz standardizacije terminologije u srpskom jeziku, dostupne rečnike, kratak pregled osnovne gramatike engleskog jezika, te izbor stručnih tekstova na engleskom jeziku.

Prikaz savremenog engleskog jezika uključuje definiciju novostvorenog sociolingvističkog statusa engleskog kao *lingua franca* svetske komunikacije, nakon čega sledi sažet prikaz standardizacije terminološkog sistema u srpskom jeziku.

Pregled rečnika obuhvata dostupne elektronske rečnike, jedan klasični rečnik u tvrdom povezu (iz koga su iskopirane stranice sa skijaškim terminima) i jedan pojmovnik engleskih termina u skijanju na internetu. U nastavku su takođe navedeni osnovni termini koji imenuju delove tela na engleskom i srpskom jeziku, kao termini u vezi sa osnovnom ski-opremom u dva jezika.

Kratak prikaz osnovne gramatike engleskog jezika obuhvata važnija glagolska vremena, zamenice, osnovne vrste upitnih rečenica, osnovne glagole u skijanju i osnovne predloge koji izražavaju prostorne odnose, kao i 18 pitanja za osnovnu komunikaciju na engleskom jeziku sa odgovorima.

Imajući u vidu prednosti koje imaju elektronski izvori, izbor tekstova za sticanje znanja u sklopu predmeta Engleski jezik pretežno se zasniva na izvorima na internetu. S obzirom na različit stepen poznavanja engleskog jezika polaznika, u sklopu teksta koji pokriva osnovne potrebe u vezi s engleskim jezikom, naveden je link koji upućuje na dodatno čitanje. Prvi tekst je kratka, šaljiva priča o skijašu, drugi je članak iz elektronskih novina, dok se treći i najvažniji tekst bavi učenjem skijanja budući da je cilj ovoga kursa obuka skijaša na engleskom jeziku. Prva dva teksta se obrađuju tokom nastave, pri čemu zadovoljavaju osnovni nivo kursa, a ostali samostalno, van nastave.

## ENGLISKI KAO ODOMAĆENI STRANI JEZIK

Na prvom mestu valja istaći da je engleski jezik, tokom protekle tri decenije, stekao socio-lingvistički status *lingua franca* međunarodne komunikacije. To je prvenstveno posledica tri faktora:

- Laka audio-vizuelna dostupnost;
- Dvojno usvajanje; i
- Funkcija engleskog jezika kao dopunskog jezika u srpskom (up. Prčić 2006: 14).

Navedeni faktori su doveli do toga da su određena svojstva engleskog kao stranog jezika oslabila, usled čega je engleski stekao novi socio-lingvistički status u gotovo svim neengleskim jezicima koji se, po Prčiću (2006: 19), sada zove “*Engleski kao odomaćeni strani jezik*” (eng. *English as the Nativized Foreign Language*).

Tome valja dodati i činjenicu da je engleski jezik postao, ne samo jezik sporazumevanja, već i jezik nauke i biznisa, što posebno naglašava činjenicu da učenje ovoga jezika u savremenom svetu mora uključiti i kontrastivne aspekte engleskog i neengleskog jezika koji je u ovom slučaju srpski. Uprkos tome što skijanje nije nastalo na engleskom govornom području, što je vidljivo čak i u samom nazivu Međunarodne organizacije za ovaj sport, koji je skraćena *FIS* od francuskih reči *Fédération Internationale de Ski*, terminologija skijanja je gotovo u celosti sastavljena od reči iz engleskog jezika. Stoga je poseban naglasak na pravilnom savladavanju terminologije koja sadrži veliki broj pozajmljenica iz engleskog jezika. Drugim rečima, zadatak ovog kursa je i izgrađivanje pravilnog stava prema engleskim pozajmljenicam u srpskom jeziku, što znači da će kurs obezbediti i kratak prikaz principa prilagođavanja pozajmljenica jezičkom standardu u srpskom. Pri tome će se koristiti model Milić (2015) koji uključuje šest hijerarhijski uređenih karakteristika termina: To su: jednoznačnost, prozirnost, sistemnost, produktivnost, kratkoća i učestalost termina.

Termin je **jednoznačan** ako ostvaruje vezu sa samo jednim pojmom u predmetnom registru. Ovaj princip se primenjuje u situaciji kad srpski termin označava dva različita pojma, npr. *coach* ≠ *trainer* > pre: TRENER = TRENER, posle: TRENER ≠ KONDICIONI TRENER.

Termin je **proziran** ako je motivisan etimološki, morfološki i semantički, odnosno ako se pojam koji označava može odrediti bez definicije značenja. Analiza korpusa pokazuje da su pozajmljenice iz klasičnih jezika prozirne u sportskom registru, kao i da su termini motivisani sa aspekta derivacije i slaganja. Međutim, semantička motivisanost termina ukazuje na izvesna odstupanja, najčešće usled nepravilne adaptacije termina prevodnjem sa engleskog jezika: promenjena djagnostička obeležja (npr. *ear protector* > pre: \*ZAŠTITNIK [živo biće] ZA UŠI; posle: ŠTITNIK [predmet] ZA UŠI); upotreba nestandardnih reči (npr. *diving* > pre: SUVANJE ; posle: (1) BACANJE ZA LOPTOM, (2) SUVANJE [arhaično]); i upotreba engleskih skraćena (npr. *CB* > pre: CB; posle: (1) SREDNJI BEK, (2) CB).

Termin zadovoljava uslove **sistemnosti** ako je usklađen sa jezičkim sistemom u srpskom na ortografskom, fonološkom i morfosintaksičkom nivou, što je, u širem smislu reči, i definicija ISO 704 (2000: 27). Analiza korpusa ukazuje na nesistemnost u vezi sa: (a) pisanjem polusloženica (npr. *side line* > pre: \*AUT LINIJA; posle: AUT-LINIJA [prema

Правонисы српскога језика 2011: 74]); (b) pisanjem brojeva i matematičkih simbola (npr. *formation 5:1* > pre: \*FORMACIJA 5:1; posle: RASPORED 5-I-1); (c) fonološkom adaptacijom novijih anglicizama (npr. *play-out* > pre: \*PLAY-OUT; posle: PLEJAUT [Vasić–Prčić–Nejgebauer 2011: 187]); (d) pisanjem decimalnih brojeva (npr. *semicircle 6.25 m* > pre: \*POLUKRUG 6.25M; posle: POLUKRUG 6,25 M); i (e) pisanjem padeških nastavaka anglicizama (npr. *play-off match* > pre: \*UTAKMICA PLEJOF-A; posle: UTKAMICA PLEJOFA).

Termin je **produktivan** ako omogućuje enkodiranje i dekodiranje maksimalnog broja jedinica višeg ranga (Prčić 1999). Ovaj princip ima različite implikacije kod jednočlanih i višočlanih termina. Jednočlani termini su produktivni ako imaju sposobnost za izvođenje novih oblika derivacijom i slaganjem (npr. *defender* > pre: ODBRAMBENI IGRAČ; posle: (1) BRANILAC, (2) ODBRAMBENI IGRAČ).

Termin zadovoljava uslov **kratkoće**, ako se sastoji od jedne reči ili ako sadrži minimalan broj reči u sklopu višočlane jedinice. Ovaj princip najčešće se primenjuje na prevedene termine koji sadrže veći broj reči u srpskom jeziku od engleskih termina, npr. *w-formation* > pre: POLOŽAJ IGRAČA U CIKCAK FORMACIJI; posle: (1) CIKCAK RASPORED, (2) POLOŽAJ IGRAČA U CIKCAK-FORMACIJI.

Na kraju, učestalost nalaže da standardni termin bude onaj koji ima najveću **frekvenciju upotrebe**. Najbolji način procene učestalosti termina postiže se na elektronskom korpusu. Pošto on ne postoji u srpskom jeziku, procena je data na osnovu korpusa termina igara loptom. U slučaju da ni korpus nije dovoljan, odluka je u nadležnosti autora. Ovaj princip primenjuje se u situaciji kada postoji više termina u srpskom jeziku za isti engleski termin, koji su obično posledica dvojne adaptacije engleskog termina u srpskom jeziku – preoblikovanjem i prevođenjem. npr. *corner kick* > pre: neuređen niz termina u srpskom jeziku; posle: (1) KORNER, (2) UDARAC SA UGLA.

Na osnovu prethodno iznetog, može se zaključiti da je poznavanje engleskog jezika nužna pretpostavka uspešnog bavljenja poslom instruktora skijanja, pri čemu je veoma važno istaći značaj dobrog poznavanja jezičkog standarda maternjeg jezika.

# I REČNICI

Za tumačenje tekstova na engleskom jeziku mogu se koristiti sledeći dvojezični i jednojezični rečnici, koji će detaljnije biti objašnjeni u tekstu koji sledi. To su:

- (a) Dvojezični englesko-srpski i srpsko-engleski rečnici: (i) <http://www.metak.com/>, (ii) <http://recnik.krstarica.com/?text=novoro%C4%91en%C4%8De&conversion=&src=sr&dst=en&do=1>, (iii) <http://www.eudict.com/index.php> i (iv) *OXFORD-Duden-Cankarjeva založba: hrvatsko ili srpsko-engleski slikovni rječnik*. (1988). Oxford: Clarendon Press; Ljubljana: Cankarjeva založba.
- (b) Rečnici engleskog jezika: (i) <http://www.merriam-webster.com/> i (ii) <http://www.thefreedictionary.com/>
- (c) Pojmovnici termina na engleskom jeziku koji su dostupni na internetu upitom koji sadrži ključne reči “Skiing glossary”.

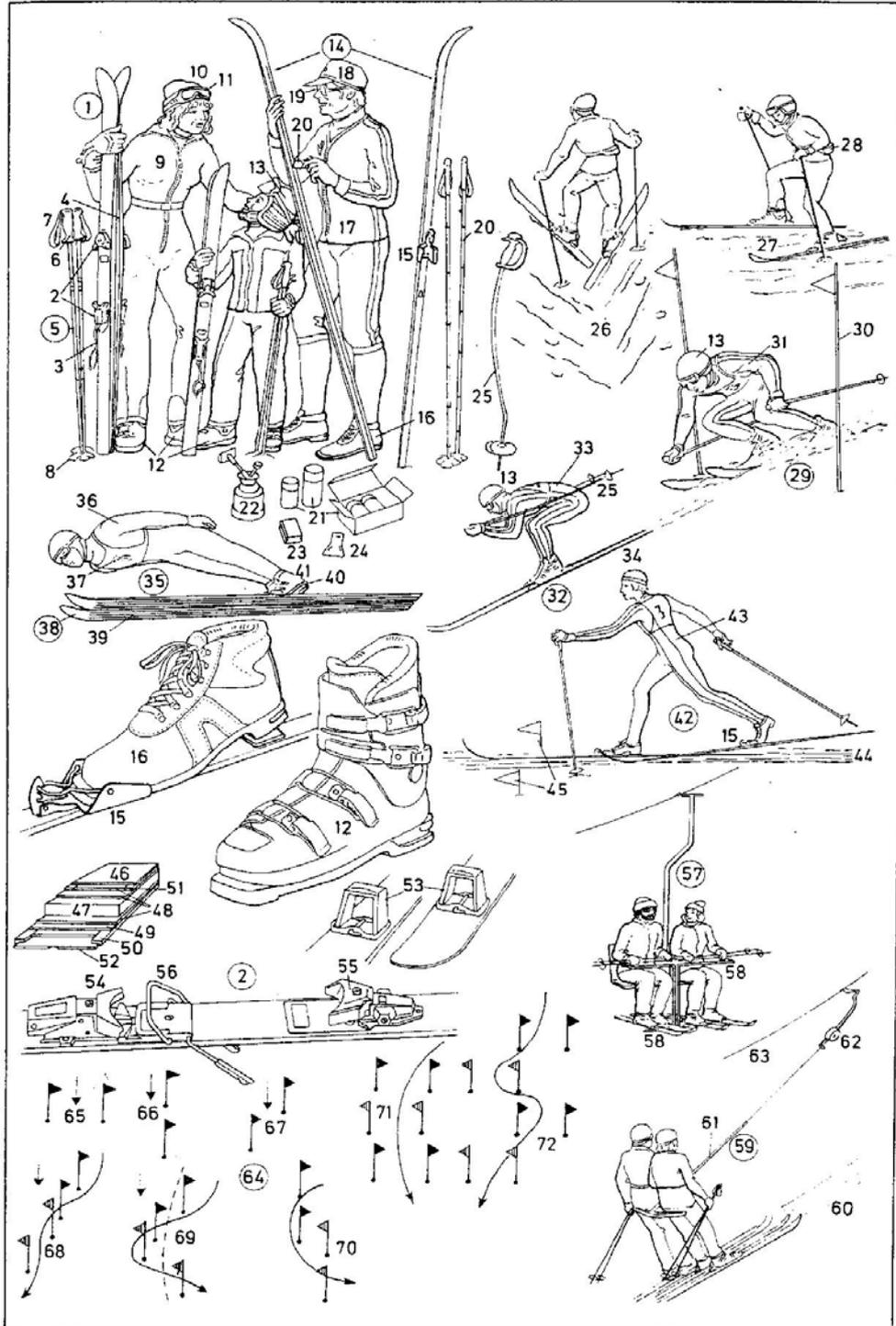
## (a) Dvojezični englesko-srpski rečnici:

(i) Dvojezični rečnik *Metak* je najjednostavniji i ujedno najmanje precizan pošto daje samo prevod reči na zadati jezik bez definicije značenja i gramatičkih podataka o ponuđenom prevedenom obliku. Kucanjem reči u polje predviđeno za engleski ili srpski jezik dobija se prevod zadate reči na drugi jezik. Pri tome, zadati upit može imati više prevodnih ekvivalenata, što znači da korisnik mora vladati izvesnim jezičkim znanjem da bi procenio koji oblik mu odgovara u datom kontekstu. Ukoliko nije moguće postići pravu informaciju, neophodna je dalja pretraga značenja u jendojezičnim rečnicima.

(ii) Dvojezični rečnik *Krstarica* suštinski ima iste kvalitete kao i prethodni, s tim da pored prevoda pojedinačnih reči omogućuje i prevod teksta sa engleskog jezika na srpski i obrnuto. Međutim, valja naglasiti da prevod teksta nije pouzdan, kako na ovom izvoru, tako i na svim drugim izvorima koji nude rešenja automatskog prevođenja, pošto jezik nije dostigao potrebni stepen metajezičke standardizacije.

(iii) Dvojezični rečnik *EUDict* suštinski ima iste kvalitete kao i *Metak*, s tim da uz zadatu odrednicu daje izvestan broj kolokacija. Valja naglasiti da je ovde nužno, pre svake pretrage, odrediti smer prevoda engleski-srpski ili srpski-engleski, te da rečnik daje mogućnost višezječnog prevoda zadate reči na veliki broj evropskih jezika.

(iv) Dvojezični *OXFORD-Duden-Cankarjeva založba: hrvatsko ili srpsko-engleski slikovni rječnik* je klasičan rečnik koji daje osnovne termine u različitim registrima po tematskim celinama. Skijaški termini dati su na stranicama 524-525, u sklopu tematske celine „Rekreacija, igre, sport“. Prednost ovog rečnika je što su termini predstavljeni slikom na kojoj su pojmovi predstavljeni terminima obeleženim brojevima. Na osnovu datog broja može se pronaći jezički oblik u engleskom i srpskom jeziku. Stranice na kojima se nalaze skijaški termini skenirane su u nastavku.



### 301 Zimski sportovi I (Skijanje)

- 1-72 skijanje  
 - *skiing*  
 1 skija  
 - *compact ski*  
 2 sigurnosni vez  
 - *safety binding (release binding)*  
 3 sigurnosni remen  
 - *strap*  
 4 rubnik skije  
 - *steel edge*  
 5 skijaški štap  
 - *ski stick (ski pole)*  
 6 drška štapa  
 - *grip*  
 7 omča štapa  
 - *loop*  
 8 kolut štapa  
 - *basket*  
 9 skijaško odijelo  
 - *ladies' one-piece ski suit*  
 10 skijaška kapa  
 - *skiing cap (ski cap)*  
 11 skijaške naočale  
 - *skiing goggles*  
 12 skijaška cipela  
 - *cemented sole skiing boot*  
 13 skijaška kaciga  
 - *crash helmet*  
 14-20 oprema za skijaško trčanje  
 - *cross-country equipment*  
 14 skije za skijaško trčanje  
 - *cross-country ski*  
 15 vez skija za skijaško trčanje  
 - *cross-country rat trap binding*  
 16 cipela za skijaško trčanje  
 - *cross-country boot*  
 17 odjeća za skijaško trčanje  
 - *cross-country gear*  
 18 kapa sa štitnikom  
 - *peaked cap*  
 19 sunčane naočale  
 - *sunglasses*  
 20 bambusni štapovi za skijaško trčanje  
 - *cross-country poles made of bamboo*  
 21-24 pribor za mazanje skija  
 - *ski-waxing equipment*  
 21 vosak za skije  
 - *ski wax*  
 22 grijalica za voštenje  
 - *waxing iron (blowlamp, blowtorch)*  
 23 mazalica za vosak  
 - *waxing cork*  
 24 strugalica voska  
 - *wax scraper*  
 25 štap za spust vožnju  
 - *downhill racing pole*  
 26 penjanje raskorakom  
 - *herringbone, for climbing a slope*  
 27 stepenasto bočno kretanje  
 - *sidestep, for climbing a slope*  
 28 skijaška torbica  
 - *ski bag*  
 29 slalom vožnja  
 - *slalom*  
 30 štap za vrata  
 - *gate pole*  
 31 skijaško odijelo  
 - *racing suit*  
 32 spust vožnja  
 - *downhill racing*  
 33 spust u stavu »jaje«  
 - *'egg' position, the ideal downhill racing position*  
 34 skija za spust  
 - *downhill ski*  
 35 skijaški skok (skijaški let)  
 - *ski jumping*  
 36 pretklon naprijed  
 - *lean forward*  
 37 startni broj  
 - *number*  
 38 skije za skokove  
 - *ski jumping ski*  
 39 žljebovi (3 do 5 žljebova)  
 - *grooves (3 to 5 grooves)*  
 40 dijagonalni vez  
 - *cable binding*  
 41 cipele za skijaške skokove  
 - *ski jumping boots*  
 42 skijaško trčanje  
 - *cross-country*  
 43 odijelo za skijaško trčanje  
 - *cross-country stretch-suit*  
 44 staza za skijaško trčanje  
 - *course*  
 45 oznaka staze  
 - *course-marking flag*  
 46 presjek grade skije  
 - *layers of a modern ski*  
 47 posebna jezgra  
 - *special core*  
 48 tanka pločica  
 - *laminates*  
 49 elastični sloj  
 - *stabilizing layer (stabilizer)*  
 50 čelični rubnik  
 - *steel edge*  
 51 aluminijski gornji sloj  
 - *aluminium (Am. aluminum) upper edge*  
 52 donji sloj od plastike  
 - *synthetic bottom (artificial bottom)*  
 53 sigurnosni branik  
 - *safety jet*  
 54-56 dijelovi veza  
 - *parts of the binding*  
 54 sigurnosni alpski vez  
 - *automatic heel unit*  
 55 prednji dio sigurnosnog alpskog veza  
 - *toe unit*  
 56 kočnica  
 - *ski stop*  
 57-63 skijaške žičare  
 - *ski lift*  
 57 dvosjedežnica  
 - *double chair lift*  
 58 sigurnosna poluga s naslonom za noge  
 - *safety bar with footrest*  
 59 vučnica (ski-lift)  
 - *ski lift*  
 60 staza  
 - *track*  
 61 sidro  
 - *hook*  
 62 kolotur za sidreno uže  
 - *automatic cable pulley*  
 63 vučno uže  
 - *haulage cable*  
 64 vrata za slalom  
 - *slalom*  
 65 otvorena vrata  
 - *open gate*  
 66 zatvorena okomita vrata  
 - *closed vertical gate*  
 67 otvorena okomita vrata  
 - *open vertical gate*  
 68 kosa uzdužna otvorena vrata  
 - *transversal chicane*  
 69 ukosnica  
 - *hairpin*

### Winter Sports I (Skiing) 301

- 70 premještajna okomita dvostruka vrata  
 - *elbow*  
 71 hodnik  
 - *corridor*  
 72 Allaisova dvostruka vrata  
 - *Allais chicane*

## **(b) Opšti rečnici engleskog jezika**

- (i) Engleski rečnik najpoznatijeg izdavača Merriam Webster daje detaljne podatke o zadatoj odrednici na engleskom jeziku, koji uključuju: način pisanja, izgovor, nijanse značenja, sinonime (reči istog/sličnog značenja), antonime (reči suprotnog značenja), primere upotrebe i poreklo reči u engleskom jeziku. Korišćenje ovog rečnika podrazumeva izvestan stepen poznavanja engleskog jezika.
- (ii) Engleski rečnik *Free Dictionary* daje detaljne podatke o zadatoj odrednici na engleskom jeziku, koji suštinski obuhvataju iste elemente kao i prethodni rečnik. Jedina razlika je u tome što rečnik daje prevod odrednica na važnije svetske jezike koji se temelje na elektronskom korpusu, pri čemu za manji broj engleskih odrednica postoji i prevod na hrvatski/srpski jezik.

## **(c) Pojmovnici skijaških termina u engleskom jeziku**

Pojmovnici skijaških termina su, po pravilu, na engleskom jeziku, usled čega iziskuju izvestan stepen poznavanja engleskog jezika. Sa aspekta makro(mikro) strukture pojmovnika, termini su abecedno složene odrednice na engleskom jeziku sa kratkim definicijama značenja. Uopšteno, pojmovnici se dobijaju pretragom na ključne reči: *ski glossary*. U nastavku je naveden engleski pojmovnik skijaških termina, koji je preuzet sa adrese <http://www.skis.com/Glossary-of-Ski-Terms/article-12-18-2012,default.pg.html>. Budući da se radi o pojmovniku engleskih termina, koji do sada nisu prevedeni na srpski jezik, polaznicima kursa za opertivne trenere skijanja se preporučuje da, prilikom prevođenja definicija značenja, korste neki od elektronskih englesko-srpskih rečnika koji su navedebni u prethodnom tekstu.

# Skiing Glossary<sup>1</sup> (Pojmovnik skijanja)

## A-D

### A

**Aerial**—Airborne, gymnastic-type maneuvers performed on skis. Done by freestyle skiers who first ski off a jump.

**AFD (Anti-Friction Device)**—Teflon® pad or mechanical slider attached to the top of the ski just behind the binding toe unit. The ski boot toe rests on this piece. Reduces friction between the top of the ski and the boot sole so that the boot releases smoothly during a fall.

**All Mountain Skis**—Skis designed to perform well in a variety of snow conditions over the whole mountain.

**Alpine Skiing**—Commonly known as downhill skiing. Uses stiff-cambered skis, hard-shell boots and fixed-heel, releasable bindings.

### B

**Base**—The material on the underside of the ski, which allows it to slide when waxed. Usually made of polyethylene, the most common brand of which is P-Tex 1000.

**Black Diamond**—An expert-level ski slope designated by a sign with a black diamond on a white background.

**Boards**—Another term for skis.

**Bumps (see Moguls)**

### C

**Camber**—The slight arch of a nonweighted ski when resting on a flat surface which contributes to the ski's flexibility. A ski with higher camber will feel springier than one with low camber. Alpine skis have alpine camber. They lack a significant arch or wax pocket underfoot, as found on Cross-Country-camber skis.

**Cap Skis**—Skis designed with a seamless piece covering the top and sides so there are no separate sidewalls. Plastic caps, sometimes called "monocoque" construction, cover the true structure of the ski, usually a torsion box or a laminate.

**Carve**—A clean turn made on the edge of the ski, without skidding. The skier must put pressure and weight on the ski edge, which forms an arc in the snow.

**Catwalk**—A gentle, narrow trail that joins one ski slope to another or that winds down the entire mountain.

**Chatter**—Vibration or instability of a ski on hard snow due to the edges bouncing off the snow instead of biting in.

**Christie**—A braking turn in which the ski tails are allowed to skid. Easier to do than carving turns since the skis are not angled up on their edges.

**Core**—The center section of a ski, usually made of foam or laminated wood, which holds the structural layers apart. A ski's flex is determined by its core thickness.

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<sup>1</sup> Available at: <http://www.rei.com/learn/expert-advice/skiing-glossary.html>

**Corn Snow**—Snow condition usually occurring in spring and consisting of small, rounded "kernels" or balls.

**Crud**—Transition snow that is not packed down by skiers or grooming machines. Altered by temperature changes and repeated snowfalls, it has variable consistency, making it difficult to ski on.

## D

**Damping**—A ski's resistance to sustained vibration, usually built into the ski with layers of shock-absorbing material.

**Delamination**—The separation of a ski's base or top sheet from its core, which is usually irreparable.

**DIN**—Deutsche Industrie Normen (German industrial standards organization). Sets standards for many things, among them alpine ski binding release settings and boot soles. (One DIN standard relates to the shape of boots as they fit into bindings.) The term "DIN" is typically used to refer to the binding release values when relating to alpine skiing.

**Double Diamond**—An extreme, expert-only ski slope, designated by a sign with 2 black diamonds on a white background.

**Downhill**—High-speed ski racing with tight turns and jumps. Speeds can be in excess of 60 mph. Also, the common term used for alpine skiing.

## E-L

### E

**Edge**—Usually made of carbon steel, it is the sharpened part on either side of a ski's base that bites into the snow. To edge a ski is to tip it up onto the side, pressing the steel edges into the snow.

**Express Lift**—Common name for a high-speed chairlift.

### F

**Fall Line**—The line of gravity or the most direct route down a slope.

**Fat Skis**—Very wide skis designed to perform in deep powder snow.

**FIS**—Federation Internationale de Ski, the international governing body of alpine and Cross-Country skiing.

**Flex**—The amount of stiffness or "give" in a ski. A softer-flexed ski will perform better on soft, deep snow, whereas a stiff-flexed ski handles better on hard-packed snow.

**Free-Carving**—The relatively new style of skiing in which skiers use super-sidecut skis to make extreme, carved turns at high speeds, but without gates or moguls. The skier leans into the turn and compresses the legs. Poles are optional.

**Freeride**—Term given to skis built to handle everything from powdery, groomed slopes to bumps, crud and other challenging terrain.

**Freestyle Skiing**—Acrobatic skiing that includes moguls, jumps and aerial maneuvers such as twists and somersaults.

### G

**Giant Slalom (also G.S.)**—A racecourse with medium-to-long-radius turns around gates. Also the type of skis used in those races.

**Gondola**—A fully enclosed ski lift, in which skiers remove skis and stand or sit.

**Groomed Run**—A ski run that has been smoothed over by machine for more consistent skiing.

## H

**Hourglass Skis**—Super-sidecut skis, or skis on which the tips and tails are significantly wider than the waist.

## I

**Inner Boot**—Insulating, cushioning ski boot liner that can be removed for drying. Fits inside the rigid plastic outer boot.

## M-S

### M

**Mashed Potatoes**—Lumpy, wet snow that catches ski tips and edges easily, making skiing challenging.

**Moguls**—Humps of snow created by skiers repeatedly making turns in the same places on the slope. Also known as bumps.

## N

**NASTAR (National Standard Racing)**— A racing organization for recreational skiers.

## O

**Off-piste**—The area beyond the groomed runs of a ski area or backcountry away from developed ski areas.

**Overlap Boots**—Traditional-style ski boot that closes in front with overlapping flaps and several buckles

## P

**Parabolic Skis**—Shaped skis, or the most dramatically sidecut skis. Easier for beginners and intermediates to turn and control.

**Parallel Turn**—A turn in which the skis are parallel to each other (rather than angled, as in a wedge turn).

**Piste**—French for a groomed course on snow or the groomed portion of a ski area (see **Off-piste**).

**Powder**—Fresh, dry snow, prized by skiers and snowboarders for its lightness.

**PSIA**—Professional Ski Instructors of America. The organization that certifies most ski professionals in the U.S.

## Q

**Quad**—Chairlift that carries 4 people per chair.

## R

**Rear-Entry Boots**—A style of ski boot that opens in back with a hinged flap that you push down to open and pull up to close. Usually has 1 or 2 buckles. Most commonly used for children and beginning skiers.

**Rock Skis**—Old skis used for thin snow conditions in early and late season when hitting rocks is more likely.

**Rope Tow**—A lift that pulls skiers up gentler slopes. Skiers hold on to handles along a continuously moving "rope" and keep their skis flat on the snow.

## S

**Shaped Skis (see Hourglass Skis)**

**Sidecut**—The difference in millimeters between the ski's waist (or narrowest part) and the tip and tail. A large sidecut allows skis to carve turns more readily.

**Sidewall**—The material along the sides of a ski that covers the structural and core components (see **Cap Skis**).

**Schuss**—Literally, "to shoot" or "shot" in German. To ski straight downhill very fast with skis parallel.

**Ski Boards**—Very short, twin-tipped skis used for carving fast turns, jumping and doing acrobatic tricks.

**Slalom**—Skiing in a zigzag or wavy course between upright obstacles, usually flags. Also, a timed ski race over a winding or zigzag course past a series of flags or markers.

**Snowcat**—A machine driven over the snow (on belts similar to a bulldozer's) to groom slopes for skiing or to transport people and gear.

**Snowplow**—A means of slowing or stopping on skis in which ski tips are pointed inward, tails outward, and pressure is put on the inside edges.

**Stem Christie**—A skiing turn begun by stemming a ski (pushing the tail outward) and completed by bringing the skis parallel into a christie (a braking turn in which the ski tails are allowed to skid).

## T-Z

### T

**T-Bar**—A ski lift that pulls one or 2 skiers up a slope at a time with their skis resting on the snow. Skiers lean their hips/buttocks against a bar that hangs down between them.

**Torsional Rigidity**—Resistance to twisting. A ski's torsional rigidity comes from its construction and core materials. A more rigid ski performs well on hard snow, whereas a less rigid ski will be easier to handle in soft snow.

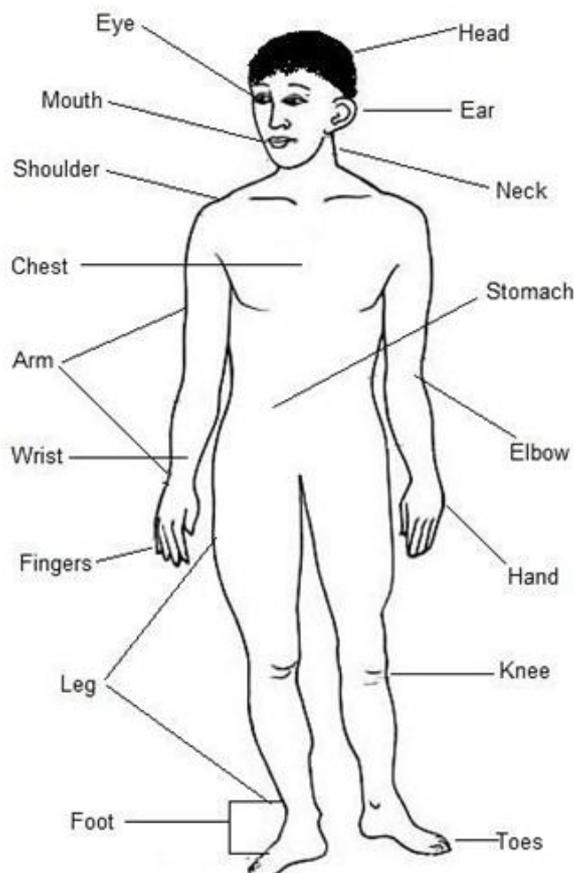
**Tuck**—A tight, forward-lean position used for fast downhill runs. The skier is in a squatting position with the arms tight against the sides and skis parallel.

### W

**Waist**—The narrowest part of a ski in between the tip and the tail.

**Wedge (see Snowplow)**

**A GLOSSARY OF BASIC PARTS OF THE BODY**  
**(POJMOVNIK OSNOVNIH DELOVA TELA)**



**ENGLISH-SERBIAN GLOSSARY OF PARTS OF HUMAN BODY:**

*ankle* – skočni zglob  
*arm* – nadlaktica  
*back* - leđa  
*bottom* – zadnjica  
*cheek* – obraz  
*chest* – grudi  
*ear* – uho  
*elbow* – lakat  
*eye* – oko

*face* – lice  
*finger* – prst (ruke)  
*foot* – stopalo  
*forearm* – podlaktica  
*forehead* – čelo  
*hair* – kosa  
*hand* – šaka  
*head* – glava  
*heel* – peta  
*hip* – kuk

*knee* – koleno  
*leg* – noga  
*lip* – usna  
*lower leg* –  
 potkolenica  
*mouth* – usta  
*neck* – vrat  
*nose* – nos  
*shoulder* – rame

*stomach* – stomak,  
 želudac  
*thigh* – butina  
*toe* – prst na nozi  
*torso* – torso  
*upper leg* –  
 natkolenica  
*waist* - struk

## A GLOSSARY OF BASIC SKI EQUIPMENT

### (POJMOVNIK OSNOVNE SKIJAŠKE OPREME)

*boots* – cipele,

*cap* – kapa,

*gloves* – rukavice,

*goggles* – naočare,

*ski bag* – skijaška torba,

*ski binding* – vezovi,

*ski clothing* – ski-odelo,

*ski pole* – štap,

*ski tail* – zadnji deo skije

*ski tip* – vrh skije

*skier(s)* – skijaš,

*skis* – skije.



## II BASIC GRAMMAR

### (OSNOVNA GRAMATIKA)

Osnovna gramatika uključuje osnovne informacije o gramatičkim vrstama reči: članovima, imenicama, brojevima i glagolskim vremenima.

#### 1. QUESTION WORDS (UPITNE REČI):

- Who = ko; whom = koga
- Which = koji, koja, koje
- What = šta; koji, koje, koja
- Where = gde
- When = kada
- Why = zašto
- How = koliko, kako, e.g. How much, how long, how rich.

#### 2. ARTICLES (ČLANOVI):

- Neodređeni član (*indefinite article*): *a/an*
  - A = ispred suglasnika, npr. *a manager*
  - An = ispred samoglasnika, npr. *an engineer*
- Određeni član (*definite article*): *the* (ðə/ ðə)
  - *The* (ðə) ispred suglasnika, npr. *the chair*
  - *The* (ði) ispred samoglasnika, npr. *the apple*.

VAŽNO:

- Uvek koristiti neodređeni član (*indefinite article*) ispred naziva zanimanja!
- Nikad ne koristiti neodređeni član (*indefinite article*) sa imenicama u množini!
- Ispred vlastitih imenica ne stavlja se član!
- Vlastite imenice ispred kojih stoji član su: imena reka, okeana, planinskih masiva, grupa ostrva i znamenitosti mesta (bioskopi, hoteli, muzeji itd.).

#### 3. NOUNS - PLURAL (IMENICE - MNOŽINA):

- Brojive i nebrojive imenice (*countables and uncountables*)
- Imenice na -s (npr. *skier – skiers, day - days*);
- Imenice na -es (npr. *bus – buses; brush – brushes; bridge – bridges; match – matches, half – halves*);
- Nepravilna množina (npr. *foot-feet; man-men; woman-women; child-children*);
- Pozajmljene imenice u množini (npr. *curriculum-curricula; datum-data; medium-media*).

#### 4. **THERE IS/THERE ARE** (POSTOJI, NALAZI SE):

|                         | <b>JEDNINA (SINGULAR)</b>          | <b>MNOŽINA (PLURAL)</b>             |
|-------------------------|------------------------------------|-------------------------------------|
| <b>POTVRDAN OBLIK +</b> | There's a cup                      | There are six plates                |
| <b>ODRIČAN OBLIK -</b>  | There isn't a bottle of milk       | There aren't two cups               |
| <b>UPITNI OBLIK ?</b>   | Is there a glass of orange juice?  | Are there six glasses?              |
| <b>KRATKI ODGOVORI</b>  | Yes, there is.<br>No, there isn't. | Yes, there are.<br>No, there aren't |

#### 5. **SOME AND ANY** (NEKI, NEKOLIKO, BILO KOJI):

| <b>Brojiva imenica u jednini</b> | <b>Brojiva imenica u množini</b>                       | <b>Nebrojiva imenica</b>                        |
|----------------------------------|--|---|
| + There's an apple               | + There are some grapes                                | + There's some soup                             |
| - There isn't a bowl             | - There aren't any glasses.<br>- There are no glasses. | - There isn't any water.<br>- There's no water. |
| ? Is there a cinema?             | ? Are there any shops?                                 | ? Is there any money?                           |

## 6. PRONOUNS/ADJECTIVES (ZAMENICE/PRIDEVI):

| Personal pronouns Subject | Personal pronouns Object | Possessive Adjectives | Possessive pronouns | Reflexive pronouns |
|---------------------------|--------------------------|-----------------------|---------------------|--------------------|
| I                         | me                       | my                    | mine                | myself             |
| you                       | you                      | your                  | yours               | yourself           |
| he                        | him                      | his                   | his                 | himself            |
| she                       | her                      | her                   | hers                | herself            |
| it                        | it                       | its                   | its                 | itself             |
| we                        | us                       | our                   | ours                | ourselves          |
| you                       | you                      | your                  | yours               | yourselves         |
| they                      | them                     | their                 | theirs              | themselves         |

## DEMONSTRATIVE PRONOUNS/ADJECTIVES (POKAZNE ZAM./PRID.):

- This = singular = što se može dohvatiti = ovaj, ova, ovo
- That = singular = van domašaja = onaj, ona, ono
- These = plural = što se može dohvatiti = ovi, ove, ova
- Those = plural = van domašaja = oni, one, ona

## 7. ADJECTIVES (PRIDEVI – POREĐENJE PRIDEVA):

| Pridev    | Komparativ     | Superlativ         |
|-----------|----------------|--------------------|
| rich      | richer         | the richest        |
| big       | bigger         | the biggest        |
| easy      | easier         | the easiest        |
| popular   | more popular   | the most popular   |
| beautiful | more beautiful | the most beautiful |
| good      | better         | the best           |
| bad       | worse          | the worst          |
| much/many | more           | the most           |
| little    | less           | the least          |

## 8. TENSES (VREMENA)

(a) *Present Simple Tense of BE* (prosti prezent glagola BITI):

|                    |                       |             |
|--------------------|-----------------------|-------------|
| I am (I'm)         | am I                  | I'm not     |
| you are (you're)   | are you               | you aren't  |
| he is (he's)       | is he                 | he isn't    |
| she is (she's)     | is she                | she isn't   |
| it is (it's)       | is it                 | it isn't    |
| we are (we're)     | are we                | we aren't   |
| you are (you're)   | are you               | you aren't  |
| they are (they're) | are they              | they aren't |
|                    | Yes, I am/No, I'm not |             |

(b) *Past Simple Tense of BE* (prosto prošlo vreme glagola BITI)

|           |                           |                         |
|-----------|---------------------------|-------------------------|
| I was     | was I                     | I wasn't (was not)      |
| you were  | were you                  | you weren't (were not)  |
| he was    | was he                    | he wasn't (was not)     |
| she was   | was she                   | she wasn't (was not)    |
| it was    | was it                    | it wasn't (was not)     |
| we were   | were we                   | we weren't (were not)   |
| you were  | were you                  | you weren't (were not)  |
| they were | were they                 | they weren't (were not) |
|           | Yes, I was/No, we weren't |                         |

(c) *Present Simple Tense of regular verbs* (prosti prezent pravilnih glagola):

- Upotrebljava se za radnje koje se ponavljaju, za večite istine i za sopstveno predstavljanje, odnosno predstavljanje onoga što uvek radimo.
- Tipični prilozi: *always, never, ever, seldom, rarely, frequently, every day.*

- Mesto priloga za učestalost u *Present Simple Tense*: primeri
  - He **never** watches football on TV
  - I **always** read newspapers in the morning
  - I don't **often** listen to the radio.
- *Present Simple Tense* of LIKE (svidati se), LOVE ( voleti), HATE (mrzeti)+ -ing: redosled reči:
  - He likes / loves / hates coffee; He likes / loves / hates **drinking** coffee
  - He doesn't like / love / hate coffee; He doesn't like / love / hate **drinking** coffee

|                 |                             |                           |
|-----------------|-----------------------------|---------------------------|
| I go/start      | do I go/start               | I don't go/start          |
| you go/start    | do you go/start             | you don't go/start        |
| he goes/starts  | does he go/start            | he doesn't go/start       |
| she goes/starts | does she go/start           | she doesn't go/start      |
| it goes/starts  | does it go/start            | it doesn't go/start       |
| we go/start     | do we go/start              | we don't go/start         |
| you go/start    | do you go/start             | you don't go/start        |
| they go/start   | do they go/start            | they don't go/start       |
|                 | Yes, I do / No, she doesn't | Short: I do not = I don't |

(d) *Present Simple of "have"* (prosti prezent glagola *HAVE*):

|                              |  |                               |
|------------------------------|--|-------------------------------|
| I have (I've) got / have     | have I got / do I have                     | I haven't got / don't have    |
| You have (you've) got / have | have you got / do you have                 | you haven't got / don't have  |
| he has (he's) got / has      | has he got / does he have                  | he hasn't got / doesn't have  |
| she (she's) got / has        | has she got / does she have                | she hasn't got / doesn't have |
| it has (it's) got / has      | has it got / does it have                  | it hasn't got / doesn't have  |
| we have (we've) got / have   | have we got / do we have                   | we haven't got / don't have   |
| you have (we've) got / have  | have you got / do you have                 | you haven't got / don't have  |
| they have (we've) got / have | have they got / do they have               | they haven't got / don't have |
|                              | Yes, I have (do) / No, he hasn't (doesn't) |                               |

**VAŽNO:** Uvek upotrebljavati *have* bez *got* ako je objekat imenica koja se odnosi na hranu i piće, npr. I have a cup of coffee early in the morning!

(e) *Present Continuous Tense* (trajni prezent):

- Prvenstveno se koristi za radnje koje su u toku u trenutku govora
- Tipični prilozi: *now, at the moment, etc.*

|                  |                         |                               |
|------------------|-------------------------|-------------------------------|
| I am reading     | am I reading            | I am not ('m not) reading     |
| You are reading  | are you reading         | you are not (aren't) reading  |
| he is reading    | is he reading           | he is not (isn't) reading     |
| she is reading   | is she reading          | she is not (isn't) reading    |
| it is reading    | is it reading           | it is not (isn't) reading     |
| we are reading   | are we reading          | we are not (aren't) reading   |
| you are reading  | are you reading         | you are not (aren't) reading  |
| they are reading | are they reading        | they are not (aren't) reading |
|                  | Yes, I am/ No, he isn't |                               |

(f) *Past Simple Tense of regular and irregular verbs* (prosto prošlo vreme regularnih i nepravilnih glagola):

- **Pravilni glagoli** (*regular verbs*): dodaje se *-ed* na infinitiv; npr. **worked, wanted, finished, listened, watched, played**
- **Nepravilno glagoli** (*irregular verbs*) imaju nepravilne oblike (obično navedene u 2. koloni), npr. **begin – began; have – had; go – went; leave – left; become – became; make – made; get – got; write – wrote, etc.**

| GLAGOL   | PRAVILO                           | REZULTAT       |
|--|-----------------------------------|----------------|
| Završava se na <i>-e</i> ( <i>live</i> )             | + -d                              | <i>lived</i>   |
| Završava se suglasnikom ( <i>stop</i> )              | Krajnji suglasnik se udvaja       | <i>stopped</i> |
| Završava se suglasnikom + <i>-y</i> ( <i>study</i> ) | Zameniti <i>-y</i> sa <i>-ied</i> | <i>studied</i> |

- *Prosto prošlo vreme regularnih i nepravilnih glagola:*
  - Upotrebljava se u vezi sa događajima iz prošlosti, npr. u istorijama.
  - Tipični prilozi:
    - u (*in*)...(in 1999, in the 1990s, in the 20<sup>th</sup> century, month)
    - pre (*ago*): (The film began 2 minutes ago)
    - od ... do...(from...to): (The lesson was from 6 to 8)
    - na dan (*on + day*) (I had a class of English on Friday)

Past Simple Tense pravilnih i nepravilnih glagola, primeri:

|                 |                         |                               |
|-----------------|-------------------------|-------------------------------|
| I lived/went    | did I live/go           | I did not (didn't) live/go    |
| you lived/went  | did you live/go         | you did not (didn't) live/go  |
| he lived/went   | did he live/go          | he did not (didn't) live/go   |
| she lived/went  | did she live/go         | she did not (didn't) live/go  |
| it lived/went   | did it live/go          | it did not (didn't) live/go   |
| we lived/went   | did we live/go          | we did not (didn't) live/go   |
| you lived/went  | did you live/go         | you did not (didn't) live/go  |
| they lived/went | did they live/go        | they did not (didn't) live/go |
|                 | Yes, I did/No, I didn't |                               |

(g) *Past Continuous Tense* (trajno prošlo vreme):

- Prvenstveno se upotrebljava za radnje koje su trajale u prošlosti.
- Tipični prilozi: *for 2 hours, the whole afternoon, yesterday morning, etc.*

|                   |                           |                                 |
|-------------------|---------------------------|---------------------------------|
| I was reading     | was I reading             | I was not (wasn't) reading      |
| You were reading  | were you reading          | you were not (weren't) reading  |
| he was reading    | was he reading            | he was not (wasn't) reading     |
| she was reading   | Was she reading           | she was not (wasn't) reading    |
| it was reading    | was it reading            | it was not (wasn't) reading     |
| we were reading   | were we reading           | we were not (weren't) reading   |
| you were reading  | were you reading          | you were not (weren't) reading  |
| they were reading | were they reading         | they were not (weren't) reading |
|                   | Yes, I was/ No, he wasn't |                                 |

(h) *Present Perfect Tense* (sadašnji perfekt):

- Upotrebljava se za svršene radnje koje su počele u prošlosti i traju do sada ili za svršene radnje sa posledicom u sadašnjosti:
- Tipični prilozima: *recently, lately, this week, so far, ever, never, yet, still, just, already, since, for.*

|                      |                            |                                    |
|----------------------|----------------------------|------------------------------------|
| I have lived/gone    | have I lived/gone          | I have not (haven't) lived/gone    |
| you have lived/gone  | have you lived/gone        | you have not (haven't) lived/gone  |
| he has lived/gone    | has he lived/gone          | he has not (hasn't) lived/gone     |
| she has lived/gone   | has she lived/gone         | she has not (hasn't) lived/gone    |
| it has /gone         | has it lived/gone          | it has not (hasn't) lived/gone     |
| We have lived/gone   | have we lived/gone         | we have not (haven't) lived/gone   |
| You have lived/gone  | have you lived/gone        | you have not (haven't) lived/gone  |
| they have lived/gone | have they lived/gone       | they have not (haven't) lived/gone |
|                      | Yes, I have /No, I haven't |                                    |

(i) *Present Perfect Continuous Tense* (trajni sadašnji perfekt):

|                       |                            |                                     |
|-----------------------|----------------------------|-------------------------------------|
| I have been skiing    | have I been skiing         | I have not (haven't) been skiing    |
| you have been skiing  | have you been skiing       | you have not (haven't) been skiing  |
| he has been skiing    | has he been skiing         | he has not (hasn't) been skiing     |
| she has been skiing   | has she been skiing        | she has not (hasn't) been skiing    |
| it has been skiing    | has it been skiing         | it has not (hasn't) been skiing     |
| We have been skiing   | have we been skiing        | we have not (haven't) been skiing   |
| You have been skiing  | have you been skiing       | you have not (haven't) been skiing  |
| they have been skiing | have they been skiing      | they have not (haven't) been skiing |
|                       | Yes, I have /No, I haven't |                                     |

- Upotrebljava se sa ciljem da se istakne da je nešto što počelo u prošlosti traje do sada.
- Tipični prilozima: *this morning, for 10 years, night after night, since yesterday.*

(j) *Past Perfect Tense* (prošli perfekt):

- Upotrebljava se za radnje koje su se desile u prošlosti, pre neke druge prošle radnje.
- Tipični prilozima: *after, before, when, upon*.

|                     |                          |                                  |
|---------------------|--------------------------|----------------------------------|
| I had lived/gone    | had I lived/gone         | I had not (hadn't) lived/gone    |
| you had lived/gone  | had you lived/gone       | you had not (hadn't) lived/gone  |
| he had lived/gone   | had he lived/gone        | he had not (hadn't) lived/gone   |
| she had lived/gone  | had she lived/gone       | she had not (hadn't) lived/gone  |
| it had /gone        | had it lived/gone        | it had not (hadn't) lived/gone   |
| We had lived/gone   | had we lived/gone        | we had not (hadn't) lived/gone   |
| You had lived/gone  | had you lived/gone       | you had not (hadn't) lived/gone  |
| they had lived/gone | had they lived/gone      | they had not (hadn't) lived/gone |
|                     | Yes, I had /No, I hadn't |                                  |

(j) *Future Tense* (buduće vreme):

- Upotrebljava se za buduće radnje koje će se neizostavno desiti.
- Tipični prilozima: *tomorrow, next winter, the following month, etc.*
- VAŽNO: Oblik *shall* koristi se samo u sledećim primerima: *Shall I/we go*.

|              |                          |                          |
|--------------|--------------------------|--------------------------|
| I will go    | Will I go                | I will not (won't) go    |
| you will go  | Will you go              | you will not (won't) go  |
| he will go   | Will he go               | he will not (won't) go   |
| she will go  | Will she go              | she will not (won't) go  |
| it will go   | Will it go               | it will not (won't) go   |
| We will go   | Will we go               | we will not (won't) go   |
| You will go  | Will you go              | you will not (won't) go  |
| they will go | Will they go             | they will not (won't) go |
|              | Yes, I will /No, I won't |                          |

## 9. PASSIVE VOICE (TRPNO STANJE)

| AKTIV                        | PASIV                                   |
|------------------------------|---|
| Anna washes the car.         | The car <u>is washed</u> by Anna.       |
| Anna is washing the car.     | The car <u>is being washed</u> by Anna. |
| Anna washed the car.         | The car <u>was washed</u> by Anna.      |
| Anna was washing the car.    | The car <u>was being washed</u> by A.   |
| Anna has washed the car.     | The car <u>has been washed</u> by A.    |
| Anna will wash the car.      | The car <u>will be washed</u> by Anna.  |
| Anna had washed the car.     | The car <u>had been washed</u> by A.    |
| Anna can/could wash the car. | The car <u>can/could be washed</u> by A |

## 10. BASIC PREPOSITIONS OF SPACE (Osnovni predlozi za prostorne odnose)

- *ahead* (napred) – *back* (nazad),
- *in front of* (ispred) – *behind* (iza)
- *sideways* (sa strane)
- *in, inwards* (unutra) – *out* (napolje), *outwards* (spolja)
- *crosswise* (poprečno)
- *top* (gornji) – *bottom* (donji)
- *up* (gore) – *down* (dole); *uphill* (uzbrdo), *downhill* (nizbrdo)
- *inside* (unutra) – *outside* (napolju)

## 11. BASIC VERBS IN SKIING (Osnovni glagoli u skijanju):

- *go ahead* – idi napred
- *go back* – idi nazad
- *carry* – nositi
- *dig* – ukopati
- *drop (ski)* – spustiti (skiju)
- *fall* - pasti
- *flex (knees)* – saviti (koleno)
- *get up* - ustati
- *go* – ići
- *hold (position)* – držati (položaj)
- *incline* – nagnuti se
- *land* – spustiti se
- *lift (leg)* – podići (nogu)
- *look ahead* – gledati ispred
- *look* – gledati
- *maintain* – održavati
- *point ski in direction* – usmeriti skiju prema ...
- *move* – krenuti
- *practice* – vežbati
- *put* – staviti
- *split (legs)* – raširiti (noge)
- *snowplough* – plužiti
- *speed up* – ubrzati
- *stand (up)* – stajati (ustati)
- *straighten (legs)* – ispraviti (noge)
- *traverse* – izvesti cik-cak spust
- *turn* – okrenuti (se)
- *use (pole)* – upotrebiti (štap)

## 12. General phrases (osnovni izrazi)

- *Are you hungry / thirsty?* Da li ste gladni / žedni? *I'm hungry.* Gladan sam
- *Are you hurt?* Da li ste povređeni? *No, I'm not/Yes, I am.* Nisam / Jesam.
- *Are you OK?* Da li ste dobro? *Yes, I am, thank you.* Jesam, hvala Vam.
- *Are you tired?* Jeste li umorni? *Yes, I am / No, I'm not.* Jesam / nisam.
- *Do you have brothers and sisters? How many? I have a brother* – Da li imate braću i sestre? Koliko? Imam jednog brata
- *Do you need medical help?* Da li vam je potrebna medicinska pomoć? *Yes, I do.* Da.
- *How long does it take to get to the top?* Koliko nam treba da stignemo na vrh? *It takes 20 minutes.* Treba nam 20 minuta
- *How old are you? I'm ...*– Koliko imate godina? Imam ...

- *If you could travel to anywhere in the world, where would it be? I would travel to ...* – Ako biste mogli sebi da priuštite da putujete po svetu, kuda biste otputovali? Otputovao bih u ...
- *If you had one word to describe yourself, what would it be?* – Ako biste opisali sebe jednom rečju, koja bi to reč bila?
- *What career do you plan to pursue? I would like to be a ...* – Čime želite da se bavite u životu? Voleo bih da budem ...
- *What do you do? I'm an engineer.* Čime se bavite. Ja sam inženjer.
- *What is your favorite food/drink/color? My favorite food is ...* – Kakvu hranu/piće/boju najviše volite? Najviše volim...
- *What is your favorite pastime? I like skiing.* – Čime volite da se bavite u slobodnom vremenu? Volim skijanje.
- *What is your name? My name is ...* – Kako se zovete? Zovem se...
- *What's the weather like today? Kakvo je danas vreme? It snows.* Pada sneg.
- *When were you born? I was born on...* – Kada ste rođeni? Rođen(a) sam ...
- *Where are you from? I'm from ...* – Odakle ste? Ja sam iz ...
- *Where can I buy fruit?* – Gde mogu da kupim voće? *You can buy fruit at the green-grocers's* – Voće možete kupiti u bakalnici.
- *Where do you live? I live in ...* – Gde živite? Živim u ...
- *Where would you like to go?* – Kuda biste želeli da idete? *I would like to go to a restaurant* – Želeo bih da odem u restoran
- *Where's the nearest first-aid center/post office/train station...?* – Gde se nalazi najbliža ambulanta/pošta/železnička stanica...
- *Which is your favorite food/dessert? My favorite food/dessert is...* – Koji dezert najviše volite? Najviše volim...
- *Who is your best friend? My best friend is...* – Ko vam je najbolji prijatelj? Najbolji prijatelj mi je ...

### III TEXTS FOR READING (TEKSTOVI ZA ČITANJE)

#### 1. THE STORY ABOUT EDDIE THE EAGLE

Some of those who watched the Eagle in the 70-m event in Calgary became a little frightened themselves. The International Ski Federation had wanted to ban him for his own good, it said – from the 90 m competition. (He became the 55<sup>th</sup> at last). The tumultuous three-day homecoming had finally come to an end, and Michael (Eddie the Eagle) Edwards, the flying plasterer, could relax.

The rest of the British Olympic Team had to look for him when he lost his way in the Olympic village. He has missed two of his training jumps because he didn't get his skis waxed on time. And innocently he began telling stories about himself that had people falling down laughing. Like the one about the night he spent in the Finnish Psychiatric hospital near where he was training because it cost less than 20 pounds a night. Or how, with his funds running low, he had lived for a week on bread and jam while training in Colorado with the U.S. ski jumping team, which had virtually adopted him. Or the way the Italians had fixed him up with the helmet, the Germans with the ski suit, the Austrians with skis.

This weekend E. takes place in a competition. He hopes that people will see him as more than a small joke. Edwards believes he may have done the world a little good. "I know that I am just Eddie Edwards, the plasterer, and sport is so professional now. But haven't I brought something back to the Olympic sport? Like, what did they used to call it? Ah, yes. Uh, taking part."

Eddie is the man who in less than three weeks went from being a small joke at the Calgary Games to a sports figure getting the kind of welcome home reserved for conquering heroes – 50 cameramen and hundreds of well-wishers at London's Heathrow Airport, the biggest such crown, so the cops said, since Madonna had last passed that way.

Even before Day 2 of the Olympics he finished a resounding 58<sup>th</sup> and last in the 70 meter ski jumping event, Edwards have begun to emerge as a cult figure. His suitcase had burst open on the airport carousel when he arrived in Calgary. He had been refused admission to his first-ever press conference because he didn't have the right credentials.

Meanwhile at home one reporter dug up some old footage of the Eagle from when he first began jumping off 70 m hills, showing him as small, bewildered and painfully myopic. He uttered the words that made his country fall in love with him: "When I looked from the top of the jump, I was so frightened that my bum shriveled up like a prune". By the way he holds the British ski jumping record, he is the only ski jumper in the United Kingdom.

As a 10 year old kamikaze-style soccer goalie, he damaged the cartilage in his left knee and spent the next three years in plaster casts. "That was not my worst accident, though" he said. "That came in Italy, a place called Colle di Tenda, where I was working for a travel company. The local champ was a ski instructor named Nino Viale. I got caught up in a head-to-head downhill race with him, the prize being a date with this very beautiful girl, June. Coming down to the bottom of the hill there was that left-hand bend. Nino was slightly in front of me, so I took the bend sharpish, 70 miles an hour and flying. I hit him, then some trees, then a rock. I was in traction for six days, I'd broken my back and paralyzed my shoulder..." And June? She married Nino.

## 2. A SPEEDY HISTORY OF SKIING

From prehistoric rock carvings to Sartre and Hemingway, humans have taken to the slopes for eons.

Although Northern Europe once again dominated the medal table recently at the 2015 FIS World Alpine Ski Championships in Colorado, the list of competing countries also included such snow-deprived countries as Haiti, Israel and Jamaica.

Not only has skiing grown popular in countries more usually associated with beach barbecues, historians of the sport have now discovered that its roots are far more diverse than originally imagined.

The earliest known ski fragment—unearthed near Lake Sindor, some 745 miles northeast of Moscow—dates roughly to 6,000 B.C. In Norway, Sweden and Finland, archaeologists have found rock carvings known as petroglyphs that depict hunters on skis chasing wild animals. One drawing found in 2001 in Nord-Trøndelag, Norway, often referred to as Bola Man, is thought to be about 5,500 years old.

But similar petroglyphs have also been uncovered on the other side of the world, in the Altai Mountains of northwestern China. Their ages are disputed, with estimates varying between 3,000 and 5,000 years old. But there is no disagreement about where the first literary description of skiing appears. One of China's oldest texts, "Shan Hai Jing" ("The Classic of Mountains and Seas"), compiled and edited during the Han Dynasty (206 B.C.-220 A.D.), states that "the people of the Dingling nationality living in the Aletai mountains" sometimes wore "the 'horns of a goat'—a kind of knee-high fur boot under which is a wooden board with a hoof-shaped front tip." Today, this early form of skiing remains a part of Altai culture, and hunters still use the ancient method of a single ski pole, called a taiyak.

The art of skiing wields cultural significance far beyond China. In Russia—as befits a country that saw off Napoleon by deploying soldiers on skis—skiing signifies military power. In "The History of Pugachev" by the 19th-century novelist and poet Alexander Pushkin, the final defeat of the famous Pugachev rebellion against Catherine the Great is ascribed to government troops who, "skiing fast on top of the deep snow, occupied all vantage points."

For the British, skiing exemplifies the hearty, derring-do ethos that once caused bemused locals to classify all Englishmen abroad as mad. Sir Arthur Conan Doyle, who introduced Sherlock Holmes to the world in 1887, also—somewhat improbably—went on to popularize downhill skiing in Switzerland. Writing in McClure's Magazine in 1895, Conan Doyle declared with uncanny prescience, "I am convinced that the time will come when hundreds of Englishmen will come to Switzerland for the skiing season. I believe I may be the first...but I am certain I will not by many thousands be the last."

The French, for their part, see skiing as less of a sport and more of a metaphor for the human condition. For Jean-Paul Sartre, in "Being and Nothingness" (1943), the snow reminds him of the body of a naked woman. The piste represents "pure being and exteriority," while skiing "symbolizes the activity of consciousness...I have a sense that this is my snowfield. What I want to appropriate is the absolute being of the in-itself and thus become the real."

Naturally, for Ernest Hemingway, French pontificating on naked women and consciousness entirely missed the point of skiing, which actually symbolizes the American tragedy of the emasculated male. In his 1924 short story "Cross-Country Snow," two young friends contemplate their last ski run, each knowing that the freedom of the piste is an illusion; their futures are already mortgaged to conformity and domestication. Hemingway makes the ineffable tangible through the immortal line, "That's the way it is."

### **3. LEARNING TO SKI<sup>2</sup>**

This step-by-step skiing guide will take you through all the basics from getting down beginner ski slopes safely, to mastering the infamous black runs and their terrible moguls. We cover skiing technique in-depth from beginner to advanced with lots of handy tips throughout for skiers of all abilities.

#### **Ski Technique**

Learning to ski is a gradual process. The first techniques that you learn are the safest and, most importantly, the easiest for beginners. As your skill and experience increase through practice you move onto a new set of intermediate techniques that will allow you to navigate the ski slopes at a faster pace with more freedom, before finally dealing with more challenging ski runs and bumps in the piste called moguls. The best thing about skiing is that it is an enjoyable experience at all levels. In this Ski Technique section we will be familiarising you with all the different stages so that, when you get on the slopes, you will be well prepared for what awaits you.

#### **Falling**

Curiously enough the first thing a skier needs to know when getting started is how to stop. A beginner may well career out of control and become a risk to himself and other skiers if he cannot stop his random descent. At all levels of skiing, a rapid halt can be not just limb saving but life saving. If all else fails throw yourself on the ground. Its only snow after all and as a beginner you need practice in falling down. It will probably happen a lot and it's good to see that it doesn't really hurt if done correctly. Even really good skiers may need do this as, once they're going at pace, it is the best way to bring an end to danger closing in at speed.

Skiing equipment is designed to let you fall. Your ski-bindings (which connect your boots to your skis) should release when you fall, allowing you to crash into the snow without entangling your legs and damaging them. If ski bindings are set incorrectly, however, they will either not eject you (if too tight), which is dangerous, or frequently eject you unnecessarily, making you fall when you should not (if too loose). Ski instructors wary of being sued may be reluctant to help you out here, but lift operators often have a screw driver or pen knife on hand to lend to you. Adjust bindings by turning the screw 180 degrees at a time only. If that fails, get them looked at professionally in a ski shop.

Here are a few handy ski tips for falling:

- Fall sideways, try to land on your backside and not your knees. Always try and fall with your head uphill.
- Go with the momentum - being relaxed when falling reduces the chance of muscle sprains.
- Bring yourself to a sliding halt by bringing your legs down in front of you and digging the edges of your boots or your skis (if you still have them) into the snow. Stopping as quickly as possible is crucial as you don't want to run into hard objects, including

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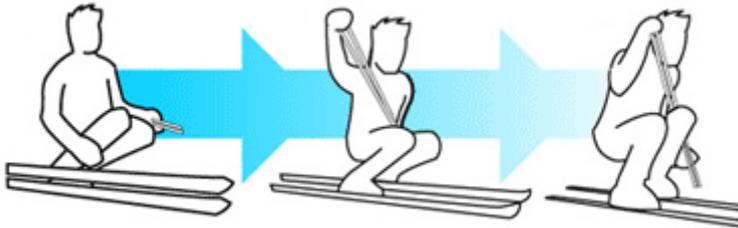
<sup>2</sup> Text taken from [http://www.talkskiing.co.uk/guides/skiing\\_learning\\_to\\_ski.html](http://www.talkskiing.co.uk/guides/skiing_learning_to_ski.html). For animated video of skiing techniques see <http://www.abc-of-skiing.com/learn-skiing/>. For animated video of snowboarding see <http://www.abc-of-snowboarding.com/learn-snowboarding/>.

other skiers. Also, you are going to have to trudge back up the slope to recover lost equipment and skis are much more fun going downhill than up.

- Never use your poles to stop! This is not what they are designed for and this can cause injury if you run onto them!

## Getting up again

Well if you want to master the art of throwing yourself on the ground, it is natural that you need to follow up with the art of getting back on your feet afterwards.



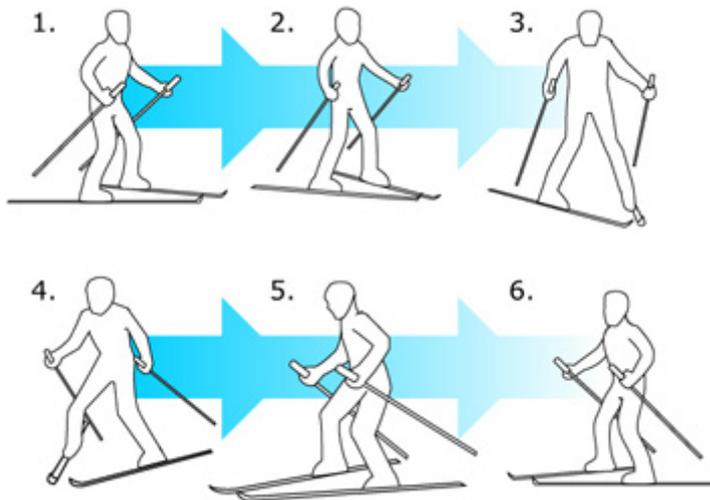
Getting back up can be complicated for a beginner. Stuffed into a ski suit with goggles plastered with snow, a ski pole dangling from each arm and feet weighed down with heavy boots and long skis, a novice can be forgiven for feeling a little encumbered. If you have fallen down, take a deep breath and remember these easy tips:

1. Relax, you may be out of breath. Let your friends know that you are alright and take however long you need to gather your wits about you. Don't take too long though because sitting in the snow can get cold.
2. If you still have both your skis on, manoeuvre your feet just down the slope below your backside so you are in a squatting position. From here take both your poles and put them together parallel. Place one hand on either end of the poles, dig the end of the poles into the snow just beside your uphill buttock and push yourself up on the poles and back into a standing position centred above your skis.
3. If you have lost one or both of your skis, first of all retrieve them/it and sit down to clear the bindings and your boots of snow. One by one, fit the boot into the binding space while in the position described and follow the same procedure to stand up. This will place the requisite force through the boot in order for it to snap back into place in the ski bindings. If you do not clear your bindings and boots of all snow you run the risk of being prematurely ejected, resulting in the tiresome experience of having to go through it all again.
4. If you fall in deep snow, off-piste for example you can arrange your ski poles in a cross formation to help you spread your weight across the snow surface and stand up again. If you have sunken in and or lost a ski you may need to flatten out a region of snow in order to get kitted up and on your way again.

## Snowplough

Snowplough (also known as *the wedge* in the US) is the first skiing technique a beginner should learn. It allows a novice skier to descend and navigate the ski slope in a measured and controlled way. The snowplough is designed to go slowly so that beginners do not zoom out of control. Despite being a technique used primarily by beginners, the snowplough can be

used by very experienced skiers in particular situations - under extremely poor visibility for example.



How to do snowpoughing:

1. Assume the basic snowplough position. Once assumed, this position is not altered until the end of your run. Point your skis inwards so that they meet at the tips in a V shape. Incline your knees in towards each other by gently bending your legs and the outside edges of your skis will naturally dig into the snow. Arms should be relaxed in front of you, holding your poles with the tips pointing outwards, this helps to keep your upper body relaxed. You should be pointing diagonally down a gentle run, facing the far side and thus giving yourself plenty of time to turn.
2. Now begin your descent by planting your poles in behind you and pushing off gently.
3. Control the speed of your descent in snowplough by digging the inside edges of your skis in and widening the vee. Speed up again by relaxing the pressure through your legs but never allow the skis to become parallel, i.e. maintain the snowplough position at all times.
4. Next comes turning. In snowplough the idea is to zigzag down the ski slope in slow, meandering turns that are initiated at either side of the slope. To turn put your weight through the uppermost leg (the leg that is up slope). This causes it to dig in and forces you to turn away from the leg, i.e. down the slope. Keep that weight going through the leg and hang onto the turn until you have come right round and are pointing diagonally to the other side of the slope. You will have completed an almost 180 degree turn. As you push through your skis you will naturally bend your legs so, as you come out of the snowplough, turn and relax and then straighten them - they need a rest before the next turn! At first give yourself plenty of time to turn before you reach the edge of the slope. As you become more experienced you will know when to initiate your turn and make the most out of each diagonal crossing.

When doing the snowplough here are a few handy pointers to remember:

- If you learn on a dry slope you will find snowplough turning on snow ridiculously easy. In fact you will most likely over turn. Be aware of this when first getting on the snow and practice a few on the gentlest of slopes.

- At the very beginning of your snowplough experience you can place both hands on the knee of your uppermost turning leg (the one you are putting pressure on to turn). This helps you concentrate your body weight where it is needed at a time when you may be overly tense and under-coordinated.
- Do not be tempted to swing your body into the turn. This is very bad form and can result in overturning and excessive tiredness. Let your legs do the work and keep the upper body relaxed.
- As you move through your turning arc, there will be a brief point when you are facing more directly downhill. At this section of the arc you will speed up. Do not panic, accept this as a normal part of the turn and continue your turn by keeping your weight on the same, uppermost ski. Tensing up and digging both skis in is counter-productive and will only stop your arc just where you do not want it, causing you to move downhill rapidly.
- Try a longer and then progressively shorter periods between turns. Play with your snowplough technique, experiment and make it your own.
- Always look ahead of yourself at where you are going and not down at your skis. You may miss something important - wall, pole, tree, other skiers etc.

## Stem Turns and Traversing

As you get more confident in snowplough you can begin to relax the stance a little by bringing your skis parallel as you move across the slope between turns. Moving across the slope in this way is known as **traversing** and this represents one step up from basic snowplough. If you start going too fast, you can always drop your knees in and force your heels out to adopt a snowplough position again. The other factor that affects your speed is the angle at which you traverse - a steeper angle obviously means a faster descent.

Experiment with traversing to broaden your skill:

- Try traversing with one ski lifted up. This can be very useful if you have lost a ski and need to catch up with it as it slides off down the slope.
- Practice traversing at different angles rather than relying on snowplough to slow down.

The next step is to get into a traversing stance neatly after each turn. This turning technique is known as a **stem turn**, also known as a *stem christie* or *wedge christie* in North America. Stem turns are not used just by beginners. Faced with difficult circumstances, stem turns may be the safest option for advanced skiers in a number of scenarios. If visibility is poor, the slope is overly fast due to adverse weather conditions, or a combination of factors make it dangerous to engage in more advanced techniques, then stem turns can provide the stability and control a skier needs to get to the bottom of the run safely. Here is how to do a stem turn:

1. From the traversing position enter a wedge or snowplough position to initiate a turn. You do this by forcing your uppermost ski's inside edge in, dropping the knee inwards and forcing your body weight through that leg, much like in a snowplough turn. The small difference is that the downhill ski remains neutral - it does not need to be pointed inwards like in snowplough. Now keep turning in what is basically the same shape as a snowplough turn.
2. As you are exiting the turn, allow the downhill ski to drift parallel to the other so you are in a traversing stance. You have now done a stem turn.

3. Traverse across the slope and re-initiate the stem turn again.

Here are a few tips you should remember when doing stem turns:

- The faster you go the easier it is to do a stem turn.
- Dig the edges of your skis into the snow to make the stem turns cleaner.
- As your experience builds you can initiate the stem turn later and later.

## Parallel Turns

Parallel turns are the apex of skiing technique. With this skill in your skiing arsenal, you will eventually be able to handle the hardest of slopes - the infamous black runs. The idea of parallel turning is to allow a skier to perform rapid side-to-side turns in quick succession while travelling at high speed. In parallel skiing the skier is usually facing pretty much straight down the slope and changes the angle only to slow slightly and to navigate around objects such as trees, bumps in the slopes (known as moguls) and other skiers.

Unlike snowplough or stem turns, in parallel turns the skis always remain... parallel. It is a considerably harder technique but it yields the most impressive results. Parallel skiing takes a good deal of experience to master and should only be done by skiers who have first worked through the other techniques thoroughly. A novice or intermediate skier trying to show off with fancy parallel skiing without a solid foundation is a risk not only to himself but, more importantly, to other skiers.

Once parallel skiing is safely mastered, the true joy of skiing can be discovered. Whizzing downhill at speed, confident in your abilities to deal with a variety of terrain - the slopes are yours to discover! A truly polished parallel turning technique will make you stand out from the crowd. Here is how parallel turns are done:

1. Before turning get your arms into the correct position. This will help your balance. Move your downhill ski pole in front of you. You should be holding both arms in front of your body where you can just see them out of the corner of your eye. Do not look at your arms, keep your eyes fixed on where you are going.
2. Lightly flex your knees, keeping your weight central above your feet.
3. Start to put your weight through the uppermost ski to initiate the turn. Dig the inside edge in to get some purchase on the snow.
4. Maintain the other ski parallel by using the outside edge against the snow at the same time as lessening the body weight through that leg.
5. Finish the parallel ski turn and quickly prepare for the next one.

There is nothing better than watching a well seasoned skier navigate the slopes efficiently with style. Work hard on your parallel ski turns and keep these tips in mind:

- Bear in mind that in parallel turns the uppermost ski controls the turn, making you turn and dictating the size of the turn by the pressure you put through that leg. Meanwhile the other ski keeps the direction of the turn clean.
- Keep your torso and head facing downhill as you make rapid turns. There should be a 'separation' between your trunk and legs as the upper part of your body stays relaxed, maintaining equilibrium while the legs do the work of moving you from side-to-side.

## **Skiing Moguls**

Moguls are bumps intentionally placed or left in ski slopes to make the sport of skiing more challenging and fun. You will generally find moguls on harder runs, called black runs, and they can be a variety of shapes and sizes. In order to ski moguls, you need to be a good parallel skier. Do not venture out onto moguls unless you have the requisite skill as they carry many dangers. The nature of large bumps means that other skiers (who may be descending at considerable speed) may not be able to see a novice in trouble until it is too late. The difficulties of skiing in moguls mean that it is easy to ski out of control and injure yourself by falling on uneven terrain at speed and from a height.

Once you have mastered quick successive parallel turns and red and black runs you may want to challenge yourself further. In that case here is a guide on how to ski moguls:

1. Stop at the top and observe the mogul field in detail. Plan out your line of descent.
2. In the beginning, use your poles as a guide. Plant your pole at the top of a small mogul and turn around it.
3. Keep making short successive turns round the moguls.
4. A gentle technique for skiing moguls is to ski up to the top of each mogul and turn at the top.
5. Skiing only in the troughs is more challenging and requires faster turns, move onto this technique when you have mastered the other two.

It's easy for things to go wrong in a mogul field. Keep these tips in mind at all times and you will end up having a lot more fun:

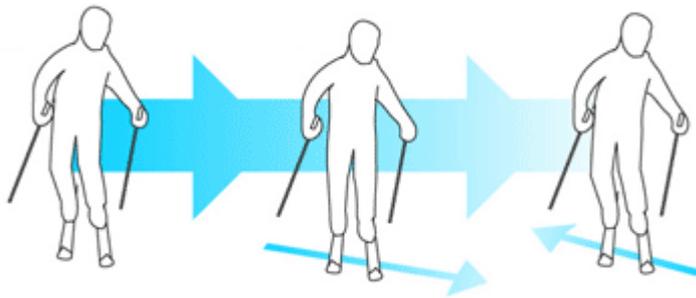
- Keep digging your ski edges in hard when turning to control your speed.
- Keep your body weight slightly forward. If you lean back it is hard to stop, if you end up leaning all the way back and sitting on your skis in a mogul field, you are in for a disaster! You can get stuck in this position and head downhill at considerable speed without the ability to stop or turn. If you feel this happening, throw yourself on your side. Keep your knees over your feet to maintain good balance.
- Keep your legs lightly flexed and your upper body relaxed. Your legs need to bend to absorb a bump as you come into it and then straighten (but not lock) as you come into a trough. If your legs are rigid you will jump from one mogul to the next with dire consequences.
- Carve around the moguls. Keeping your torso central, extend your legs as you dig in your edges to turn around the bump. The effect is the same as absorbing the bump, as your body will hang over the mogul once your skis go around it.

## ***BASIC NAVIGATION WITH SKIS***

There are many times when you will need to move around on skis but not actually ski. Sounds confusing? Well think about this - one cannot ski uphill for example, but you may need to move uphill to retrieve a lost item or help out a friend. You may find yourself in a tricky situation and not wish to surrender yourself to the mercy of gravity and slippery slopes, or you may simply need to get from A to B in a direction that is not downhill. Taking skis off and putting them on again is a laborious affair, particularly where snow is desperate to clog every nook and cranny in boots and bindings, so here are the techniques you need to know to get around on skis without skiing!

## Sideslipping

Sideslipping is a way of moving down a slope without skiing. It is invaluable if you need to get yourself out of a tricky situation. You have taken the wrong lift, for example, and find yourself at the top of a run you are unable to ski safely. Alternatively you may just need to move down the slope slightly to give yourself room to manoeuvre. Whatever the reason, sideslipping is not a beginners technique - it is a skiing essential. It is always taught to beginners, as the skill teaches you how to use your skis correctly in other situations. In sideslipping, the edges of the skis must be used to alternately grip and then release the snow. It is this same use of edges that will be used in all ski turning techniques.



How to sideslip:

1. Stand at the side of the ski run facing directly across the slope at the other side. You should not be in motion. The upper edge of both skis should be dug into the snow. For this, your legs are lightly bent with knees inclined into the slope.
2. Roll your knees into a neutral position, thereby flattening your skis against the slope. You will slip sideways, so use your legs to maintain the position of your skis and ensure you do not start traveling forwards or backwards.
3. Stop your sideslipping motion by returning to position 1 again.
4. Continue to sideslip in small controlled slips alternating from stopping to starting again. Stop whenever you feel yourself losing control or your horizontal line being broken.

Remember in side slipping:

- Never let the downhill edges dig in. If you do, you will go flying! To avoid this always keep your skis slightly inclined to the slope.
- Look downhill to where you are travelling. Do not follow the line of your skis.
- Keep your weight evenly distributed throughout your foot. Any imbalance here will cause your skis to turn and your slide will turn into a ski. This is what you are trying to avoid.
- Keep most of your weight going through the downhill ski to ensure a smooth sideslipping action.
- Try and practice *sidestepping*. Simply step the uppermost ski upwards as far as it is comfortable and then bring the other ski up to meet it. Repeat the process to keep moving up.

## The Herringbone

A herringbone allows you to ascend a slope on skis. Unfortunately you do not ski up the slope, it is more of a trudge. However, if you need to go back up a short distance with your skis on, the herringbone is invaluable. If you need to go a great distance though, you may want to consider taking your skis off, slinging them over your shoulder and walking.

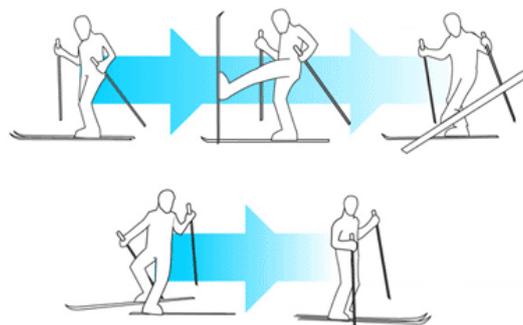
A herringbone is a simple manoeuvre to perform. Here is how:

1. Face up directly up the ski slope. Point the tips of your ski outwards in a vee shape with the tails meeting together behind you. Lean your weight forwards into the ski slope. The inside edges of your skis must be dug into the snow to grip and stop them sliding away.
2. Lift one leg at a time, placing it a comfortable distance in front. Maintain your skis position, paying particular attention to the inside edges of whichever ski is the current weight bearing one.
3. Move up the slope one step at a time.

Remember the following points when using a herringbone to get around a ski slope:

- As long as the ski slope is not too steep, you can use a Herringbone to ascend. If it is overly steep then you may find yourself skiing backwards in an uncomfortable reverse snowplough. In this case you should use sidestepping to ascend the slope.
- The herringbone gets its name from the pattern left behind in the snow as the skier ascends.
- The icier or harder the snow and steeper the incline the more you will need to use your edges.
- The herringbone can be tricky for complete beginners. If you find the herringbone annoyingly difficult, switch to sidestepping and revisit the topic when you have more experience on your skis.

## Kickturns



How to do kickturns:

Gone the wrong way and need to reverse direction quickly? Easier said than done when you have a great big ski attached to each foot. Unless that is you know how to do a *kickturn*! A kickturn will allow you perform a stationary 180 degree turn on skis. Sound marvellous? It is, and here is how to do one:

1. Stand facing directly across the slope. You should not be in motion.
2. Swing your downhill boot into the air directly in front of you in a straight legged kicking motion until your ski is vertical to the ground. Plant the tail of that ski into the snow just beside the tip of the other ski.
3. Drop the tip of the vertical ski around to point in the other direction. Make it an angle less than 100 degrees to ease the strain on your ankles and knees.
4. Using your poles for balance if you need to, transfer the weight to the ski you have just swung around.
5. Quickly pick up the other boot and allow the ski to swing round in a normal fashion, horizontal the ground.
6. Hey presto! You are facing the opposite way and can continue your descent.

This extraordinary looking ski manoeuvre may seem simple enough but there are a few points to bear in mind when thinking about kickturns:

- If you have any physical issues such as knee problems it may be best for you to avoid kickturns.
- Keep your body weight back against the slope. You don't want to fall forwards while your skis are pointed in different directions!

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