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**ROLE OF SPORTS ON SNOW AS CULTURAL EDUCATION FACTOR IN CHILDREN AND YOUTH**

**INTRODUCTION**

Staying on the mountain is beneficial for their health, and if we still connect with snow sports, this certainly brings a special experience for each of them. The special importance of staying and applying sports on the snow has a health and hygienic effect on the child's organism as well as the socio-psychological development of the child.

On the other hand, on the snow, they hire a muscular-joint structure of the whole body in a special way and positively influence the cardiovascular and respiratory system. Physical activity on the snow and socializing in the picturesque mountainous environment achieves a very favorable psychological effect.

A day on the snow for students is five to six hours, first-time students should not use it fully.

The reason for this is the methodical procedure of learning all sports techniques, and thus the techniques and rules of sports on the snow complex, which often leads to a strong Sailor Zamora. The fatigue itself is often the main cause of the adoption or training of elements of the technique. Frequent breaks are necessary for them.

The purpose of snow sports should not be exclusively training some of the techniques of snow sports, but also getting to know the cultural and historical contents of the training area in order to raise the cultural awareness of children.

In addition to Alpine skiing, cross-country skiing and skiing or sledding trips can provide meaningful cultural information to students, ranging from skiing history and snow sports to a visit to cultural and historical sites on the ski resort itself or its immediate surroundings.

Sports in the snow does not only involve training in skills, but their role is reflected in the cultural development of children and youth, not neglecting or socio-psychological development.

For the plan and program of wintering, the Expert Council of physical and health teachers of each school is in charge.

**METHODS**

The paper analyzes the published papers that dealt with the topic of the role of sports and physical activities on the snow in the cultural development of children and youth in the territory of the Republic of Serbia and the territory of the former SFR Yugoslavia.

An analysis of the 20 previous studies in the period from 1980 to 2018 has highlighted the important role of sports in the snow both in physical education and in the cultural development of children and youth.

**THE RESULTS**

In addition to educational tasks, the modern school has in its programs and certain forms of work outside the school which influence the achievement of the goals of education and attainment of the established ones. One of these forms of work is the organization of wintering of students envisaged by the program of teaching and learning of physical education. The new course program offers the possibility to organize wintering or excursions on the snow with the aim of linking physical and health education through interrelated competences with other subjects for the social and cultural development of young people. Even if the priority of teaching physical education is the development of physical abilities, the program does not neglect the socio-cultural component of personality development.

Every trip or wintering has some goal that is being realized on that occasion. As almost always, it's about going to nature or mountain, fresh and clean air, skiing, sledding, skating and other physical activities, we are talking about a trip as an integral part of physical education and health education. In winter, besides the development of motor skills of knowledge and skills, students learn about natural beauties, flora and fauna as well as the cultural and historical significance of the region they are staying in.

Such activities create pupils' positive attitude towards nature and preserve its beauty and develop the ecological world in them.

By staying in the snow, students are accustomed to living in nature, finding in it the share of its value and the importance it has on our health. We also introduce students to the protection against possible disasters that can occur in their stay in the snow (hiding, orientation, etc.).

Children on winter get acquainted with new types of physical activities for which there are no conditions in the urban environment.

Staying in the snow encourages children's imagination and allows students a variety of entertainment and entertainment options.

The results of the analysis of the works have shown that the snow disputes have multiple significance:

* Health-hygienic
* Psycho-social
* Sport-recreational
* Cultural-historica

**DISCUSSION**

The analysis of the work points to the great importance of activities in nature - on the snow on the integral development of students. At wintering, students are encouraged to learn from the discovery and research.

**Health-hygienic character**

Wintering and excursions to the snow as an integral part of physical and health education contribute to the attainment of the goal of teaching and learning, which are:

* Continuous development of motor skills;
* Contribution to increasing adaptive and creative ability of students in contemporary conditions
* life and work;
* Developing a health culture necessary for the preservation of health;
* Creating a lasting habit of daily exercise.

During wintertime, the child's organism is exposed to beneficial effects

fresh air, sun, stay at a height, which is of great importance for the development of the child's organism.

Activity and snow skiing (alpine and Nordic), hiking, sleigh trips, sports games and other activities not only benefit the muscle activation activation, breathing and circulation, but also suppress the undesirable effects of the sedentary lifestyle and hypokinesia. Also, staying on the snow significantly influences the development of health culture and the preservation of health, increases the resistance of the organism to the harmful effects of modern life and other negative environmental influences;

**Psycho-social character**

Wintering and snow activities increase the psychic and social well-being of each student and positively influence the integral personality development.

Students get used to collective life, develop social skills, empathize help one another, encourage co-operation, independently or in group solve certain tasks (situations), become independent in some segments of life.

Independent or family vacation for wintering requires a lot of material resources, while going to winter with school in facilities specially designed for staying children winter can become available there almost to all students.

Through games, fun, socializing wintering and excursions on the snow, children from different social classes mate, they establish mutual relations and develop a collective spirit. Love for nature and a proper attitude toward her develops and the ecological world of students is raised.

The change in the environment affects the breaking of the monotony of their everyday life, and children are moving away from stressful situations that carry life in the urban environment.

Wintering can have a great impact on the development of creativity, both on the individual plan of personal development of students, and on the wider social plan. Creative persons represent a very important human potential and are a powerful factor in the development of society. Snow activities - wintering has a major impact on the development of functional knowledge rather than memorizing many unnecessary facts and information.

Wintering influences the development of motivation, security, self-confidence, self-esteem, which gives students a sense of satisfaction and happiness.

**Sport-recreational character**

Students are overloaded today both during their classes and at home (learning, making homework), they spend more hours sitting in the bench and need active holidays, therefore they are one of the most important contents in winter sports and recreational activities.

In addition to winter skiing, various sporting events are organized (snowboarding, snowboarding, handball, orienteering, athletic disciplines, etc.), as well as fun games (cheering, snowboarding and snow objects, etc.) that complement free time creating a bucket and a pleasant atmosphere during winter stay.

It is very important that each student participates in one of the activities offered. The creativity of each teacher is of great importance for the planning and organization of these activities.

The greatest part of the time spent on the riding of the students is filled with various sports-recreational activities and entertainment, and especially skiing, where the effects take about 4-5 hours in the snow. Skiing consists of:

**Ski school program**

The ski school program refers to the five-day stay of children in the ski school, and includes 5 different skiing groups that are mutually reinforcing and complementing each other. Every day, one skis is predominantly processed, in turn, from structurally simpler exercises to more complex ones.

**With this program, the following skiing units are planned:**

* Getting acquainted with ski equipment
* General preparatory exercises on the snow
* Snowboarding
* Exercises on the flat
* Climbing, falling and getting up
* Plug and lung movement
* Ski lifts

**Getting acquainted with ski equipment**

At the beginning of the program participants get acquainted with ski equipment (skis, boots, poles and helmets), the purpose and way of using some parts of ski equipment.

Meet students with skis parts:

* top
* body (structured part)
* tail
* Sliding plate
* edges
* bindings
* The participants overcome this whole with the following exercises:
* Shoe dressing exercises
* ski helmets
* Skiing exercises

These exercises are performed prior to going to the track, ie, In rooms intended for changing, except for exercises for skiing, they can be carried out while moving towards the track.

Preparatory skiing exercises

Higher concentration is focused on the lower extremities, logically, because it is much more

used in this sport. But we must not forget the rest of the body.

There are classic warming and stretching exercises, specific pre-ski training exercises, and also exercises in couples as well as elemental games can be used:

* Moving the head forward - back and left - right (neck)
* Hand circle (shoulders)
* Wash hands (shoulders)
* Forearm circle (elbow)
* Circling with joined palms (wrists)
* Circling the hull
* Put it away aside
* Turn over the hull
* Shut up with the hull
* Squirts
* Step out
* Circling in your knees
* Knee lift (high skip)
* Throw your legs forward - back
* Fatal jumps

Also pay attention to stretching the lower extremities!

Snow games allow trainees to repeat and perfect a large number of pre-assimilated elements in a new and different environment in a fun and attentive manner through interaction with peers.

The following games are used in the ski school:

* elementary games without accessories
* elementary games with snow
* elementary games with aids (balls, bars, cones, hoops ...)
* Relay games
* co-operative games
* Exercises on the flat
* Exercises on the flat are used for the purpose of attracting the ski school students to the stati and dynamic balance on skis.

**The participants overcome this whole with the following exercises:**

* Setting up shackles in bindings
* walking with both skis
* walking in a circle without the use of rods
* Walking on a trail (square, different curves)
* Walking along the plane in the "V" gap
* skating on one skis, repeatedly pushing the opposite leg (romobil)
* Continuous rear suspension, ski rest, initial sliding phase. Steps to move to the sliding step
* games on a flat, limited space (gloves and relay games)
* taking a basic ski bet
* performing various types of ski movements (longitudinal, transverse and sagittal axis of the body)
* taking high, medium and low ski betting
* Turning around with skipping around the skis
* Turning around the skis over the tops
* Climbing falling and getting up

Before the beginning of the processing of this whole, it is necessary to explain to the students the concept of the falls, ie, downhill downhill. Of course this should be adapted to the age of ski school students themselves.

During the program, two climbing techniques are processed along the slopes of the skis:

lateral climbing with rigorous technique, climbing the "V" discontinuous technique

**Students overcome this whole with the following exercises:**

* + Side-by-side walking on a flat, no ski
	+ Side-by-side walking on a flat with a ski on one foot
	+ Walking on a side-by-side walkway with both skis
	+ Sideways climbing and lowering without a ski
	+ Side climbing and lowering with a single-foot ski
	+ Side-climbing and lowering the finish
	+ Walking "V" on a straight line
	+ Climbing the "V" gap
	+ Sweeping the ski in different directions lying on the back, on a flat
	+ Falling and falling to the ground of a slight inclination
	+ Sweeping the ski in different directions lying on the back, on a steep slope
	+ Steep rise
	+ Standing on a steep slope with a single stick
	+ Steep up the slope with the help of both rods

**Plug and lung movement**

Plug and lung movement are the basic and safest skiing technique for all beginners in the ski school.

Within this ski section, the basic characters of the skiing technique of skiing are processed:

* lung stance
* plowing straight
* knuckle the plug
* lung bandage

**The free time of the student can be fulfilled in two ways:**

* Free choice of games and activities by students;
* Directing and organizing competitions in agreed games.

**Cultural-historical significance**

One of the important objectives of wintering is its educational aspect, which not only applies to sports-technical education, but also to the development of inter-competence competencies, ie linking content from other subjects with contents from physical and health education. During the winter, pupils should visit sites and attractions related to the culture and history of that place and people, such as museums, galleries, monuments, historical sites or take part in events (events, festivals) related to local culture. These activities should be planned together by teachers of physical and health education and history teachers.

Whenever possible, it is desirable to visit some cultural and historical sites with the use of physical activities (skiing, hiking, etc.), taking into account primarily the safety of pupils. This aspect of wintering is an invaluable knowledge of the integral development of students and the raising of their new general culture.

**CONCLUSION**

This paper is intended for professors of physical culture for reminders and knowledge in the field of sports in the snow and to understand (who is not) that "skiing is not from today to tomorrow," and that there must be continuity in skiing.

In order to become a "sports professor" of sports in the snow, in addition to theoretical education and proper demonstration of skiing techniques, use every opportunity to improve their abilities and skills, as well as acquire experience that involves assessing the motor, mental, and emotional abilities of trainees, in order to better and more effectively train them.

This paper will help you to get information on the basic concepts of skiing in pre-school children and students. Care should be taken primarily for their safety and safety on the tracks so that the experience and pleasure of skiing are complete.

Skiing is a sport and one of the most beautiful forms of healthy activity that is carried out in most extreme weather conditions during the winter period: in the wind, fog, veil; as well as on not-so-easy skiing surfaces such as: deep, moist snow, ice plate, etc. All this, if you are qualitatively trained, contributes to the magic of skiing. The greatest pleasure is morning skiing on perfectly arranged paths.

Encourage and encourage your students with good words, selected words, good and selected suggestions. They will love skiing in the right way and be indifferent to the participants of the snow mountain challenges. And most importantly for a pedagogue, he will be infinitely grateful and will consider you his greatest friend.

Activities in nature and winter also contribute to achieving the objective of the course Physical and health education, programs of these activities are realized by connecting with the physical and social environment, which results in the child developing comprehensively and versatile. All this is, of course, desirable, but the ultimate outcome of school wintering should be, in addition to a child-educated, richer and contented child.

Sufficient child is accomplished, motivated, confidently, confidently, self-respected, happy. Wintering and snow activities are well realized when a satisfied student returns to school.

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