

SHORT COMMUNICATION

Review of Juris Grants book “LET US LEARN SKIING!”



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The book by Juris Grants “Let us Learn Skiing!” is the English translation of the book in Latvian “Mācīsimies slēpot!” which was first published in 2007.

The book includes study material in skiing on mastering the ways of moving in skiing with pictures and video. There is also the text placed in the margin of the pages, which will definitely attract attention reflecting origins of skiing, insights in the history of skiing in Latvia and interviews with athletes and veterans, who consider this sport as life-long stimulus.

The author pays attention to the educational process in skiing planned by the teacher, as well as students’ individual reaction and action. As prof.

J.Grants points out, in this process both the teacher and the student are active and influence each other. Thus interaction in outdoor education process is understood as mutual cognition of learning subjects in the process of teaching and learning, where the exchange of information, ideas and behavioral patterns take place, as well as the changes of opinions, evaluations, self-evaluations and attitudes. Teaching and learning philosophy is based on three different models of pedagogical interaction: on behaviorist philosophy, cognitive theories and a humanistic attitude towards a student.

The principle “learning by doing” is implemented by performing 51 way of movement in cross-country skiing (classified in ten groups) using exercises and control tasks, thinking about the acquired, doing self-assessment and assessing others, using the acquired knowledge and skills in practice.

The methodological basis of the book is formed by conclusions of various Western and Eastern authors about the methodology of teaching and learning, education philosophy, terminology and classification of skiing.

In my opinion the book is mainly meant for sports higher education institution students acquiring the basis of cross-country skiing and skiing didactics, as well as for general education teachers, their students and everyone interested in learning skiing basis. Prof. J. Grants has with this well written book made valuable contribution to cross-country ski technique, learning and teaching process.

Johnny Nilsson
PhD, Assoc. Professor
Swedish School of Sport and Health Sciences (GIH)