



Försättsblad Prov Original

Kurskod	Provkod	Tentamensdatum
I V 0 5 9 G	2 0 0 0	2 0 1 9 - 0 3 - 2 5
Kursnamn	Idrottsvetenskap GR (A), Vetenskap och praktik inom skids...	
Provnamn	Tenta och rapport	
Ort	Östersund	
Termin		
Ämne		



Mittuniversitetet

MID SWEDEN UNIVERSITY

Department of Health Science

1V059G

Code: _____

WRITTEN EXAM I

VT19

Sport Science GR(A), Science and practice in ski sports 7,5hp

Date: 2019-03-25

Time: 3 hours

Maximal points: 45 p

Equipment: Dictionary, English – any language

To pass the exam you need to have at least **27 points (60%)**. The grade for the exam is pass or fail (G or U).

Result: _____ points = Pass Fail

Instructions to the student:

- Answer the questions on separate papers. You can answer more than one question at each paper if you have the space. Remember to write your special code and the number of the question on all papers.
- Take it easy and think about what we are actually asking about.

Responsible for the course:

- Marko Laaksonen, 010-142 8384

GOOD LUCK !!!

Cross-country skiing (15 p)

1. Briefly describe the training characteristics of elite cross-country skiers (total training volume per year, number of sessions, intensity distribution, activity distribution, etc.). (3p)
2. In cross-country skiing, there are different recommendations regarding equipment (skis, poles, boots) dependent on the technique.
 - a. What are the recommended ski and pole lengths in relation to body height in classical and skate? (1p)
 - b. Except for length, what is the main difference between “classic skis” and “skate skis”? (1p)
 - c. What are, and why are there differences between classic and skate boots? (1p)
3. In cross-country skiing athletes compete in a variety of events. Name the different categories, and the range of distances for each category for men and women, respectively. (3p)
4. Briefly, describe the history of cross-country skiing with an emphasis on important events in the last 150 years (3p)
5. Briefly describe the physical (height, weight) and physiological (aerobic power, anaerobic capacity) differences between sprint and distance “specialized” skiers. (3p)

Biathlon (15 p)

6. Describe briefly the history of biathlon. (3 p)
7. Which three factors determine the final result in biathlon? (1,5p)
8. What is the minimum weight of the rifle in biathlon according to the rules? (1p)
9. Which competition disciplines are used in biathlon? (3,5p)
10. Choose one of the competition disciplines in biathlon and describe that (starting type, number of shootings, order of shooting positions, number of shots at each shooting, number of skiing laps, length of the skiing laps, type of penalty; males OR females). (3,5p)
11. Specify at least two (2) safety regulations in biathlon. (1p)
12. Specify at least three (3) effects of rifle carriage on physiology or biomechanics of skiing in biathlon. (1,5p)

Alpine skiing (15 p)

13. Describe the history of alpine skiing briefly (3 p)
14. Which are the four main alpine skiing events? (2 p)
15. Describe the different external forces that interfere with the skier's possibilities to generate speed and momentum. (3 p).
16. Describe shortly the different phases of the turn. (4 p)
17. Which two methods can be used to evaluate skier's energy demand during alpine skiing?
(1 p)
18. Why do you want different radius on giant slalom skies versus slalom skies? (2 p)