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## New needs – new tools: The “Ski easy” approach

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### Background

Alpine skiing has undergone significant transformation in recent years. Advances in ski equipment boost enjoyment and accessibility, but a societal shift toward sedentary lifestyles has led to a declining interest in outdoor sports. This poses new challenges, such as participants with limited motor and functional abilities and higher risk of injuries. Adapting teaching methods and enhancing ski instructors' skills have become crucial to improve guest experiences and safety. For young children, incorporating games and visual aids into lessons is essential to foster better understanding and engagement. To address these needs, the Erasmus+ project SKIEASY has brought together nine partners to develop a Unified Teaching Model (UTM) for ski instructors and students.

### Materials and methods

The development of the UTM tools employs a combination of scientific research and educational methodologies, focusing on creating user-friendly tools for ski instructors and ski beginners. Key components include defining five stages of ski skills acquisition; conducting kinematic analysis to develop detailed graphic materials; establishing standardized terminology across five communication areas; translating materials and developing IT solutions, such as a static website and unified animations.

### Results

The SKIEASY Mobile Application offers an array of valuable resources designed to support ski instructors and learners such as: multilingual dictionaries in 15 languages with audio pronunciations, covering essential topics (ski equipment, body parts, the ski environment, techniques, teaching aids, and useful phrases). Additionally, the app features 13 video animations illustrating a 5-step UTM, complemented by pocket manuals available in 8 languages. All these didactic materials, along with many others, are freely accessible through the SKIEASY website

(<https://www.skieasy.eu>), providing comprehensive tools to enhance ski instruction.

### Conclusions

Why is teaching made easy with SKIEASY? The UTM embodies a structured and coherent methodology, aligning with the project's core principles: Educational, Accessible, Simple, and Youthful. These tools empower both instructors and students by enhancing clarity, streamlining teaching methods, and fostering a deeper understanding of skiing fundamentals.