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The American Teaching System: Nordic Skiing





Synopsis

The "American Teaching System: Nordic Skiing" covers beginning through advanced techniques in classic, skating, adn nordic downhill skiing. Published by the Professional Ski Instructors of America, this first edition text is consistent with the Teaching Model and Skiing Model. It includes student profiles and special progressions to develop and expand skill areas. Included are detailed photo sequences of maneuvers for all three disciplines.

Book Information

Paperback Publisher: Professional Ski Instructors of America (1995) Language: English ISBN-10: 1882409078 ISBN-13: 978-1882409075 Package Dimensions: 10.9 x 8.4 x 0.5 inches Shipping Weight: 1.2 pounds Average Customer Review: Be the first to review this item Best Sellers Rank: #2,223,785 in Books (See Top 100 in Books) #75 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Cross-Country #2000 in Books > Sports & Outdoors > Winter Sports

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