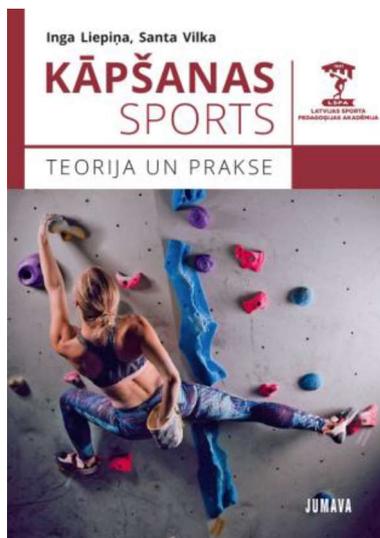


SHORT COMMUNICATION

Review on the monograph “CLIMBING SPORTS: THEORY AND PRACTICE”



Authors: Inga Liepiņa, Santa Vilka

Long-term collaboration between Dr.paed Inga Liepiņa, an associate professor at the Latvian Academy of Sport Education (LASE) and Daugmale Children and Youth Center pedagogue, MPaed Santa Vilka has resulted in a monograph “Climbing Sports: Theory and Practice”.

The monograph is based on several years of practical experience of both authors, as well as on the theoretical findings of the authors' own research, which are based on extensive analysis of the practical experience and theoretical insights of foreign specialists. It is important to educate young athletes, which the authors also successfully launch, introducing the history and development of climbing sports. It is important to highlight the specifics of the hitherto little known sport by introducing several climbing disciplines. The subordination the chapters of the book is logical, proceeding from the specifics of athletes from anatomically physiological point of view, the safety characteristics, the specifics of sports training, with particular emphasis on the development of physical characteristics, technical and tactical preparedness of athletes. The three chapters of the monograph reflect the authors' own didactic approach to the sport - how to teach and how to learn the sport by the students themselves.

Especially should be emphasized the inclusion and analytical substantiation in the monograph one of the important aspects of Inga Liepiņa's doctoral thesis (I.Liepiņa, 2011) on the “Promotion of equilibrium abilities of sports climbers according to the principle of sensory system influence”. The analysis of the correlation between the authors’ empirical and practical research contributes to the development of practical recommendations for the promotion of balance development for athletes and the development of balance training programs for the needs of coaches.

Both authors are outstanding lecturers and trainers in practical work with students, young people and children. It is a significant achievement and a dream for every professional to be able to combine their narrative, demonstration and didactic approach with a written book in their professional work. At the moment, the demand for good sports literature from Latvian sports and education specialists is evident, especially in the relatively new sport - climbing. The monograph of Inga Liepiņa and Santa Vilka is the first Latvian edition of such content, which can be considered as an important contribution to the development of this sport in Latvia.

I am grateful to the authors for their commitment and devotion in preparing and publishing the monograph "Climbing Sports: Theory and Practice", incorporating in it the latest findings of European and world practice, research and their pedagogical experience.

Inga Liepiņa and Santas Vilka's monograph "Climbing Sports: Theory and Practice" is a new, contemporary view in the field of sports science. The monograph is recommended for sports coaches, sports teachers, students, athletes. The monograph is an excellent basis for the development of the climbing sports in Latvia and Europe.

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