

lake louise

12 week ski & snowboard instructor course outline

skiing



snowboarding



Week 01	<ul style="list-style-type: none"> Improvement through skills & concepts of CSIA 	<ul style="list-style-type: none"> Improvement through skills & concepts of CASI
Week 02	<ul style="list-style-type: none"> Technique and the 5 skills – timing/co-ordination, stance/balance and how they relate to pivoting, edging and pressure control in the phases of the turn 	<ul style="list-style-type: none"> Technique and the 5 skills – timing/co-ordination, stance/balance and how they relate to pivoting, edging and pressure control in the phases of the turn
Week 03	<ul style="list-style-type: none"> Developing the guest experience Technique and skill development Student centered teaching & customer services 	<ul style="list-style-type: none"> Progression Level 1 material
Week 04	<ul style="list-style-type: none"> Assessment and development training Practice teaching 	<ul style="list-style-type: none"> Analysis and improvement Ride off review
Week 05	<ul style="list-style-type: none"> CSIA Level 1 course/exam 	<ul style="list-style-type: none"> CASI Level 1 course/exam
Week 06	<ul style="list-style-type: none"> Forces in skiing related to movement in motion 	<ul style="list-style-type: none"> Riding skills and introduction to terrain
Week 07	<ul style="list-style-type: none"> Intro to short turns and terrain 	<ul style="list-style-type: none"> The 5 skills, whole-part-whole
Week 08	<ul style="list-style-type: none"> Developing the guest experience Technique and skill development Student centered teaching Guest services 	<ul style="list-style-type: none"> Sliding turns
Week 09	<ul style="list-style-type: none"> Assessment and development training Learning to develop skills 	<ul style="list-style-type: none"> Carving turns
Week 10	<ul style="list-style-type: none"> Review week Ski off Advanced analysis Practice teaching 	<ul style="list-style-type: none"> Review week Ski off Advanced analysis Practice teaching
Week 11	<ul style="list-style-type: none"> CSIA Level 2 course/exam 	<ul style="list-style-type: none"> CASI Level 2 course/exam
Week 12	<ul style="list-style-type: none"> Fun, fun, fun! Put into practice all the skills and techniques you have learnt with the instructors in a fun, relaxed environment and free of exam pressure. You will be amazed at your accomplishments! 	<ul style="list-style-type: none"> Fun, fun, fun! Put into practice all the skills and techniques you have learnt with the instructors in a fun, relaxed environment and free of exam pressure. You will be amazed at your accomplishments!