

cardrona

10 week ski & snowboard instructor course outline

skiing



snowboarding



Week 01	<ul style="list-style-type: none"> • Introduction to the course and exam procedures • Discussion of exam outlines, expectations and standards • Goal setting session • Introduction of the movements and co-ordination of these movements through freeskiing 	<ul style="list-style-type: none"> • Introduction to the course and exam procedures • Discussion of exam outlines, expectations and standards • Goal setting session • Introduction of the movements and co-ordination of these movements through freeskiing
Week 02	<ul style="list-style-type: none"> • Freeskiing with a focus on basic position / fore and aft movement • Individual feedback sessions • Introduction of the teaching model progression from first time to gliding wedge • Demonstration of straight run and gliding wedge in reference to basic position • Practice presenting for adults and children with a focus on class handling and safety 	<ul style="list-style-type: none"> • Freeriding with a focus on basic stance and fore and aft movement • Individual feedback sessions • Introduction of the teaching model progression • Demonstrations with a focus on basic stance • Practice presenting for adults and children with a focus on class handling and safety
Week 03	<ul style="list-style-type: none"> • Freeskiing with a focus on turnshape and rotational movements • Progressions from wedge to wedge turns • Wedge turn demonstrations • Practice presenting for adults and children with a focus on fun, enthusiasm and movement • Practice presenting for adults and children with a focus on fun, enthusiasm and movement. 	<ul style="list-style-type: none"> • Freeriding with a focus on turnshape • Development of lateral and rotational movements • Demonstrations with a focus on rotational and lateral movements • Practise presenting for adults and children with a focus on fun, enthusiasm and movement related demonstrations with a focus on rational and lateral movements • Practice presenting for adults and children with a focus on fun, enthusiasm and movement.
Week 04	<ul style="list-style-type: none"> • Freeskiing with a focus on lateral movements • Terrain skiing and adaptability demonstrations practice and individual feedback • Introduction to analysis. 	<ul style="list-style-type: none"> • Freeriding with a focus on coordination of the movements • Terrain skiing and adaptability • Demonstrations practice and individual feedback • Introduction to analysis
Week 05	<ul style="list-style-type: none"> • Freeskiing with individual feedback • NZSIA level one exam 	<ul style="list-style-type: none"> • Freeriding with individual feedback • SBINZ level one exam
Week 06	<ul style="list-style-type: none"> • Exam debrief and feedback • Goal Setting session • Freeskiing with individual feedback sessions • Introduction to short turns • Terrain skiing with a focus on adaptability • Introduction to pipe and park – based on fun 	<ul style="list-style-type: none"> • Exam debrief and feedback • Goal setting session • Freeriding with individual feedback sessions • Terrain riding with a focus on adaptability • Introduction to pipe and park
Week 07	<ul style="list-style-type: none"> • Freeskiing with a focus on performance and individual feedback • Short turns on the steeps • Progression wedge turn to parallel • Wedge Christie demonstrations 	<ul style="list-style-type: none"> • Freeriding with a focus on performance and individual feedback • Steep terrain • Progression • Demonstrations
Week 08	<ul style="list-style-type: none"> • Freeskiing with a focus on performance and individual feedback • Short turns with performance • Progression improving the parallel • Parallel demonstrations 	<ul style="list-style-type: none"> • Freeriding with a focus on performance and individual feedback • Terrain riding • Progression • Parallel
Week 09	<ul style="list-style-type: none"> • Freeskiing with a focus on performance and individual feedback • Short turns with performance • Progression review • Demonstrations practice • Teaching practice 	<ul style="list-style-type: none"> • Freeriding with a focus on performance and individual feedback • Progression review • Demonstrations practice • Teaching practice
Week 10	<ul style="list-style-type: none"> • 12th – 19th Sept NZIA Level 2 exam 	<ul style="list-style-type: none"> • 11th and 12th training – exam preparations • 15th – 19th Sept SBINZ Level 2 exam