

whistler blackcomb

12 week ski & snowboard instructor course outline

skiing



snowboarding



Week 01	<ul style="list-style-type: none"> Address stance & balance, concepts of movement & motion, centre of mass and base of support 	<ul style="list-style-type: none"> Basic rider improvement & focus on group safety
Week 02	<ul style="list-style-type: none"> Introduction to CSIA terminology and the 5 skills that define skiing – 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"> Skill days Freestyle skill day CASI day
Week 03	<ul style="list-style-type: none"> Review of skiing standards, biomechanics and teaching approaches 	<ul style="list-style-type: none"> Skill days with video analysis Freestyle skill day CASI day
Week 04	<ul style="list-style-type: none"> Teaching technique and tactics The difference? 	<ul style="list-style-type: none"> Practice teaching
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"> Level 1 review and focus on terrain adaptation and snow conditions 	<ul style="list-style-type: none"> Riding skills, filming & introduction to terrain and park
Week 07	<ul style="list-style-type: none"> Weather permitting, race introduction & training i.e. line interpretation 	<ul style="list-style-type: none"> Skills, freestyle & filming
Week 08	<ul style="list-style-type: none"> Powder, bumps and bushes In-depth analysis on the skill of pressure control 	<ul style="list-style-type: none"> CASI, skills, freestyle & filming
Week 09	<ul style="list-style-type: none"> Preparations for Level 2 Time devoted to demonstrations and advanced skiing in all situations 	<ul style="list-style-type: none"> CASI & 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 10	<ul style="list-style-type: none"> Assessment and development phases of teaching Practising full lesson formats 	<ul style="list-style-type: none"> CASI Level 2 preparation
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!