



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Clinic Title:

A Look at Classic Style Cross-Country Ski Lessons through an Adaptive Lens

Discipline:

Adaptive Cross Country – Classic Style

Time & CEUs:

Full day; 6 CEU's

Setting:

On-snow

Course Description:

Cross country skiing is a natural entry portal into snowsports for people of all ages and backgrounds, including those with disabilities. This interactive session will explore physical, visual, and cognitive diagnoses, communication techniques, assessment templates, adaptive equipment selection, and use of learning tools and teaching methodologies applicable to guests benefitting from adaptation in classic style cross-country skiing.

Recommended Prerequisites:**Prerequisite Skills & Knowledge:****Learning Outcomes:**

After successful participation in the clinic attendees will be able to do the following:

1. Cite at least one medical diagnosis in each of the cognitive and physical domains.
2. Engage in respectful interaction and communication with guests who have disabilities.
3. Implement a physical or cognitive assessment appropriate to the of guests' diagnosis.
4. Identify at least two adaptations (methodology, teaching tools, adaptive equipment) that could be used in a cross-country lesson for guests with a physical or cognitive diagnoses.
5. Apply adaptations and use of tools and equipment for effective learning by guests in adaptive classic style cross-country lessons.

Learning Activities:

1. Warm up activities with adaptations
2. Insights for respectful, reciprocal communication
3. Physical diagnoses – overview, assessment, equipment application, safety considerations, lesson adaptation practice

4. Visual diagnoses - overview, assessment, safety considerations, communicating concepts, lesson adaptation practice
5. Cognitive diagnoses – overview, assessment, safety considerations, behavior and communication, concept building, lesson adaptation practice