

Adaptive Snowboard Level 3 Certification Course Outline

PSIA-RM-AASI Adaptive Snowboard 2010-11

ASB Level 3 Exam Prep

Prerequisites: PSIA/AASI Membership. ASB Level 2 Certification plus successful completion of 3rd specialty module or are Snowboard Level 2 Certification and PSIA Adaptive Level 2 Certification at the beginning of the 2010-2011 season.

Credits: 2

Days: 2

Fee:

After attending this clinic the candidate will know the expectations to pass the Riding, Movement Analysis, Teaching and Disability Knowledge segments of the ASB Level 3 Certification Exam.

Riding and Movement Analysis Day 1:

Riding All candidates need to be able to confidently ride Bumps, Trees, Park & Pipe, Steep Terrain, Varying snow conditions-focusing on application with specific Adaptive students (min. Level 2 Snowboard Standard).

Demonstration and practice of Level 3 Riding Tasks:

- The Dance (advanced) - High speed short radius turns, Park & Pipe, and moguls.
- Accelerated Falling leaf on groomed Black runs, focus on U/L Body Separation
- Switch Funnel Turns on Steeper Blue runs
- Tether a bi-ski with fixed riggers down an easy groomed blue run

Movement Analysis

- Must be able to recognize the movement patterns general to the disability and specific to the student and make changes accordingly
- Must understand the proper and safe use of any equipment used in an adaptive snowboard lesson
- Must have overall understanding of the benefits and limitations of the equipment available to assist the adaptive student
- Must have the creativity to develop new tools, toys, and applicable techniques that might assist an adaptive student
- Utilize peers as well as other riders on the mountain to practice Movement Analysis:
 - Observation/Description
 - Ask Candidates to describe, then explain their System used.
 - Ask Candidates to qualify body specific performance using D.I.R.T.
 - Specific description of Equipment / Ability related Movements Analysis of Cause & Effect Relationships (including Disability Specific knowledge)
 - Body / Equipment / Board relationships
 - Movement & Board Performance interrelationships
 - Motivational and Understanding considerations to Movement Patterns.

Adaptive Snowboard Level 3 Certification Course Outline

PSIA-RM-AASI Adaptive Snowboard 2010-11

Teaching and Disability Comprehension Day 2:

Teaching Review Teaching Knowledge and address teaching clinics at the home area.

- Taking Concepts such as Upper/Lower Body separation and Changing Pivot Points and addressing multiple applications, with or without adaptive equipment
- Teaching and coaching upper level students and/or training newer ASB instructors
- Review Different Guiding Techniques and ability to create your own (example guiding from above, below and side-to-side)
- Communication Skills must be specific, directed and concise to meet the needs of the any adaptive student
- Fine Tuning Techniques for Cognitive impaired Students
- Setup and Progressions (at all levels) for Students with Combined Disabilities

Utilizing Scenarios similar to the ones from the written exam, candidates will practice set up and teach

- Candidate to develop and present relevant goal statement
- Candidate to demonstrate and explain(why) a safe and effective student set-up.
- Communication Skills must be specific, directed and concise to meet the needs of the any adaptive student (VI / Cog / Age / other impairments)
- Fine Tuning Techniques for specific impairments of Students

Questions to address include:

- How is this progression relevant to other aspects of riding ?
- How would you teach this task using a different skill combination (Skills decided by examiner)

Disability Comprehension: Throughout the day, especially during lunch, the following requirements will be discussed and as needed practiced:

- Must have a comprehensive knowledge of categories of disabilities (Cognitive, Physical, Neurological) as well as an understanding of disabilities and medications as described in Level 3 Adaptive exam materials, Adaptive Manual and Adaptive Encyclopedia on RM website (adaptive ed. Materials)
- Must have a comprehensive knowledge of the categories of medications, possible side effects, and for which disabilities those medications could and would be used.
- Must be able to work with students with combined disabilities such as a blind amputee, a person with a brain injury who is also deaf, a person with an incomplete spinal cord injury who lost one eye, . . .
- Must be able to teach a beginner Mono Ski Lesson & a beginner Bi-ski Lesson, showing full understanding of the differences in skill application .

Location: _____

Date: _____

Adaptive Snowboard Level 3 Certification Course Outline

PSIA-RM-AASI Adaptive Snowboard 2010-11

ASB Level 3 Exam

Prerequisites: PSIA/AASI Membership. ASB Level 2 Certification. Completion of ASB Level 3 Exam Prep Clinic

Credits: 2

Days: 2

Fee:

This one-day validation requires proficiency at teaching Adaptive Snowboarding in levels 1-5 in physical sit-down disabilities and necessary riding ability to safely assist these students (min. level 6). AASI/ATS teaching and technical concepts as they apply to each specialty and specific equipment, disability-specific knowledge, riding, safety, adaptive assists, medical and equipment assessment of adaptive riders. A short written exam will be given at the end of the day.

Any safety portion of the exam that is failed is a board fail, and the participant needs to retake the exam. For more information and certification materials please visit www.psia-rm.org adaptive site. **Candidates must make arrangements to bring adaptive equipment to this exam.**

Location: _____

Date: _____