



PSIA-Rocky Mountain-AASI



Success Teaching Seniors

Discipline: Alpine, (multi-discipline)

Time: 2 Days Credit Hours: 12

Setting: On snow and indoors as appropriate.

Course Description: As our population ages more and more of our guests may need special considerations to enjoy their day. Participants will gain knowledge and specific methodologies for teaching seniors. The participants will explore technical and motivational concerns to increase success when working with seniors and develop awareness of the physical, psychological and equipment needs of seniors. Learn to identify their motivations and how to effect technical changes that really make a difference!

Recommended Prerequisite Courses: Level 1 Cert

Prerequisite skills:

- Participants can safely ski black groomed terrain and blue mogul/ungroomed terrain.
- Participants have an understanding of the Guest Centered Teaching Model

Course Objectives: (Specific statements/objectives)

- Participants will develop an understanding of the physical, psychological and equipment needs of seniors. **(Cognitive)**
- Participants will utilize the Guest Centered Teaching Model (GCT) to identify the unique profile of seniors and to understand their motivations for learning. **(Affective)**
- Participants will gain insights into specific teaching methodologies that are successful when working with seniors. **(Cognitive)**

Sample Activities:

- Ski through a variety of activities that are effective when working with seniors.
- Have group-directed discussions about relevant topics specific to teaching seniors.
- Share specific lesson activities that help effect positive change in senior's skiing.
- Ski terrain that enhances a senior's enjoyment of the day and overall performance.
- Have indoor discussions that focus on unique student profile, psychological considerations, group handling skills for safety and other aspects.



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Materials Needed:

- Handbook for teaching seniors (PSIA-RM) website
- <http://members.surfbest.net/madducks@surfbest.net/senior.html>