



PSIA-Rocky Mountain-AASI



## **Children's Trainer Workbook**

**This workbook is a training tool and provides an environment for active learning. Through seeing, writing and doing you will gain more ownership of the content and your ability to teach the concepts.**

**This workbook was developed for the children's snow sport trainer. Whether you teach Alpine Skiing, Snowboarding or Nordic, this will lead you to a deeper understanding of human development and how it relates to teaching children in the snow sports industry.**

**The workbook is to be used as a study guide to prepare you for the evaluation process. It is important to not only find the answers to the questions, but to also create avenues to share the information with your peers. It is imperative to integrate these concepts and outlines into your training so the conceptual ideas become real actions. There are questions that ask for examples, please try to answer with examples from your own teaching experience and interactions with your students. The goal is not to only learn the material, but to give this knowledge an application as well.**

**All of the following questions should be viewed as if you are the teacher or trainer sharing the concepts or ideas. The answers should show a deeper comprehension, the ability to apply, analyze, and create within the topics or concepts. The activities used to facilitate the student's needs in your answers should be skill and C.A.P. based. (Align with the age and stage of the children) The activities should also demonstrate appropriate steps from real to ideal.**

**Come to the event with 2 prepared clinics, one indoor (20 min) and one on snow (30 min). Participants may be asked to lead the group with an "On the Spot" topic as well, which may include movement analysis.**

**Start a professional log of shadow/audit reviews and clinic self-evaluations. List and describe positive aspects of the clinic you would like to duplicate or repeat. Were the motivations of the group met, why or why not? How would you modify the clinic to incorporate your personality, met the motivations of the group, or improve the delivery of the content.**

1. Explain the common cognitive behavior patterns in children as they develop, and how you teach instructors these concepts. **Please answer using fact, experience and creativity.**

**3-6 year olds:**

**7-14 year olds:**

2. What is Kohlberg's complete Moral Development model and how is the model commonly used in snow sports instruction?

3. How do you relate Kohlberg's Moral Development model to teaching skiing or riding when training instructors?

**4.** How do you create an environment for Affective Growth in your clinics?

**5.** Describe 3 ways you can help instructors meet the need for safety and security in their children's classes.

**6.** Describe 3 ways you can help instructors meet their students' needs for belonging.

**7.** There are 3 stages for the Development of Coordination, and 3 stages of Psycho-Motor Development. Describe these 6 stages, and how they relate to each other.

**8.** Describe how 6-year-old children learn motor skills. Describe the differences in how teens learn motor skills?

**9.** How does stance affect the skill usage for children at different stages of development, and describe a way for instructors to experience this?

**10.** "Children make many balancing movements throughout a movement sequence." Explain how the center of mass in kids affects their balance and their movements. Please explain this relative to the different ages of children.

**11.** "Body movements are used for maintaining, increasing or decreasing pressure against the snow." Please explain this relative to the different ages of children.

**12.** “Development of muscle control affects edging movements.” Please explain this relative to the different ages of children.

**13.** Explain the turning force most commonly used by children before they have developed the full use of their fine motor skills.

**14.** There are many behavior management tips, list and describe 4 you teach in your clinics.

**15.** Instructors should implement a variety of teaching styles to meet their student’s needs. Describe the 5 teaching styles instructors should employ and how you teach instructors to use these teaching styles.

**16.** Explain what the Explorer, Artist, Judge and Warrior have to do with teaching children, and how do you demonstrate their use for a group of instructors.  
***Please answer using fact, experience and creativity.***

**17.** Describe “Active” learning and “Experiential” learning. How can each be used in developing a clinic outline.

Write a clinic outline for each of the concepts/topics below. Be sure to use "Active" or "Experiential" learning in each outline. Use in depth descriptions for the sample activities you choose.

- CAP Model
- Piaget Stages of Cognitive Development
- Maslow's Hierarchy of Needs
- Kolb's model of Learning
- Bloom's Taxonomy
- Fitts and Posner's Motor Development
- Real versus Ideal Movements
- Parent/Instructor/Student (child) Relationships
- Howard Gardner's Multiple Intelligences

Outline Template:

# Title

**Discipline:**

**Indoor/On Snow**

**Category:**

***Course Description:***

***Main Goal:***

***Course Outcomes to meet goal:***

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***Sample Activities:***

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***Materials Needed:***

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