

**PSIA**



**AASI**

**ROCKY MOUNTAIN DIVISION**

Professional Ski Instructors of America  
American Association of Snowboard Instructors

**Duration:** 1 day (6 CEU's)

### **Course Description:**

This is the clinic for anyone preparing for the FS1 assessment and is also a great clinic for anyone who wants to learn about teaching introductory/beginner freestyle lessons.

This clinic is a preparatory clinic for the development of skills and understanding needed to attend the Freestyle Specialist 1 assessment (Separate Event). Candidates will be briefed on sample progressions for teaching at the introductory level of freestyle. Candidates will receive feedback for development on freestyle tasks and tricks as well as how their personal skill set relates to the FS1 standard. Movement Analysis and technical understanding will be developed, as well as working through concepts such as S.P.S, ATML, Fear Model, Park Smart, etc in order to build progressions for teaching a freestyle lesson.

### **Learning Outcomes:**

By the end of this clinic, successful participants will be able to:

- Describe how to apply ATML and SPS to freestyle features and tricks.
- Demonstrate how to build freestyle progressions for introductory/beginner level lessons.
- Demonstrate how to use Park Smart and how to safely teach a group of students in the terrain park.
- Describe what body performance and ski performance they are working on in introductory/beginner freestyle tricks.
- Describe what they need to work on to be successful at the FS1 Assessment.

### **Potential Learning Experiences**

- Share concerns about skiing/riding and teaching in freestyle terrain and discuss how these concerns can be managed
- Practice building fundamental based S.A.S.C. (static, active, simple, complex) progressions for introductory/beginner freestyle tricks.
- Practice speaking to ski performance and body performance in different phases of the A.T.M.L. model (approach, take-off, maneuver, landing)
- Utilize tactics that will allow introductory level freestyle students to use terrain park features while minimizing risk
- Practice using Park Smart in the terrain park and discuss how to teach it to your students
- Relate individual skill sets in MA/Tech, Teaching, People Skills, and Skiing/Riding to the FS1 standard.