



PSIA-Rocky Mountain-AASI



Ride 201

Discipline: Snowboard

Time: 2 day **Credit Hours:** 12

Setting: On snow

Course Description: Improve your riding skills and versatility with two days of riding, coaching and feedback. The L2 riding tasks may be utilized to develop skills while applying the tasks to a variety of terrain and conditions. Participants will gain a clearer picture of the movements and skills that can be developed to move towards attaining the L2 riding standard.

Recommended Prerequisite Courses: Level 1 Certification is required. Any Snowboard 201 courses are recommended for Exam preparation.

Prerequisite skills:

- Participants can ride on groomed green, blue and ungroomed black runs.
- Participants have a desire to enhance their skill development.
- Participants have attained their L1 certification

Course Objectives: (Specific statements/objectives)

- Participants will gain personal riding improvement by comparing themselves to the L2 standards. (Psychomotor)
- Participants will develop an understanding of what skills to focus on and exercises/tasks that enhance that skill development. (Cognitive)
- Participants will strengthen their understanding of their personal skill biases related to the standards and depart the session with recommendations for further development. (Cognitive)
- Participants will have the opportunity to enlarge their support group of those working towards their L2 Certification. (Affective)

Sample Activities:

1. Ride the L2 exam tasks to generate immediate feedback (on hill) for improvement. Participants will be responsible for writing down this specific and immediate feedback of where they currently stand within the standards.
2. Ride through a variety of exercises and drills for skill acquisition.
3. Engage in chair conversations for enhanced development.



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Materials Needed:

- Appropriate riding gear to be on snow all day.
- AASI-RM L2 Riding Standards
- Helmets are highly recommended