



## LEVEL 1 EXAMINER OUTLINE

### Day 1 - Movement Analysis

#### *Morning*

- Riding the mountain, warming the group up, discussing concepts such as:
  - Movement Analysis Process (OEP) from Snowboard Technical Manual
  - Phases of the Turn
  - Reference Alignments
  - Fundamental Movements
  - Board Performance Concepts
  - Movement Options (to achieve board performance concepts)
  - Pressure Control Options
  - TID

#### *Afternoon*

- Use Reciprocal Teaching Style to practice various observation vantage points/methods.
- Introduce Cause & Effect (Body Movement - Board performance - Turn Outcome)
- Ride to show several inefficient stance issues and have your group mimic you and discuss
- Cause & Effect Relationships.
- Go to Beginner Terrain to watch riders and practice real time Cause and Effect Relationships. (Each candidate should determine and present one Cause and Effect Relationship)

#### *3pm*

- Still Image Assessment

### Day 2 - Teaching/Instruction

#### *Morning*

- Review Assessment Form
- Riding the Mountain, warming group up, focusing on models and concepts:
- Responsibility Code / Park SMART / SMART Style
- STS Concepts (Riding – Teaching – Service – Learning)
- SCARF Model (Status, Certainty, Autonomy, Relatedness, Fairness)
- Teaching Model/ Teaching Cycle/Action Plan from Snowboard Technical Manual
- Learning Styles (Watcher, Thinker, Doer, Feeler) and VAK and the difference between them
- Teaching Styles/Methods
- Motor Learning Cycle (Formerly 4 Step Plan)
- A.T.M.L.
- If sufficient time, ride through the teaching level 1 – 4 progression exercises, highlighting board performance(s) and skills required.



## Afternoon

- At lunch the clinic leader goes through levels 1-4 *verbally* and provides some ideas for each.
  - Warm up
  - Board Intro
  - Skating/Mobility
  - Straight Glide
  - One Foot J-Turns
  - Riding Lifts & Carpets
  - Side Slip
  - Falling Leaf
  - Traverse
  - Garlands
  - C-Turn
  - Linking C Turns
- **Move to beginner area on mountain.**
- Candidates teach components of levels 1-4 in the beginner area.
- After each 10 minute individual teaching segment, discuss pro's and con's with group and add several teaching tips, analogies, teaching for transfer and child specific focus

## Day 3 Riding

- While riding the mountain and warming up the group, discuss tasks/movements for the day
- Candidates get 2 chances at every riding task with feedback on their first attempt. Provide up to 3 attempts at the freestyle tasks
- Make sure to set up your day to include all scored tasks as well as some versatility tasks.
  - Skidded Turns; Most Extended at edge change on blue terrain
  - Carved Turns; Most Extended at edge change on green terrain
  - Bumps; Most Extended at edge change on green/blue bump terrain
  - Switch Skidded; on green terrain
  - Freestyle
    - 50/50 a beginner Box
    - Straight Air on a Small Jump (ATML, show retraction in air, no grab)
    - Flatland: 360 spins on the snow (fall line straight run - 360 – fall line straight run), ollies/nollies, nose/tail presses
    - Pipe/Transition riding: On Snow Edge Change in the transition. (If there is not a pipe at the resort that the event is being hosted, you will be riding natural transition features.)

## Approx 3 - 4pm

- Presentation of results: Feedback sheets and Certificates and Pins