



**ROCKY MOUNTAIN DIVISION**  
Professional Ski Instructors of America  
American Association of Snowboard Instructors

## 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.

### 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)
- Teaching Model/ Teaching Cycle/Action Plan from Snowboard Technical Manual
- Learning Styles (Watcher, Thinker, Doer, Feeler) and VAK
- Teaching Styles/Methods
- Motor Learning Cycle (Formerly 4 Step Plan)
- A.T.M.L.

## 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, and teaching for transfer.

### Day 3 Riding

- While riding the mountain and warming up the group, discuss tasks for 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/black 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
    - Flatland: 360 spins on the snow, ollies/nollies, nose/tail presses
    - Pipe/Transition riding: 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.)