



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

## LEVEL 1 EXAMINER OUTLINE

### Day 1 - Movement Analysis

#### *Morning*

- Review concepts while warming up ([review, check for understanding and practice application](#)) –
  - Movement Analysis Process (OEP) from Snowboard Technical Manual,
  - Phases of the Turn,
  - Reference Alignments,
  - Snowboard Fundamentals,
  - Movement Options (Body Movements to achieve Board Performance Concepts),
  - TID
- Ride to show several inefficient stance issues and have your group mimic you and each other
- Review Cause & Effect (Body Movement - Board performance - Turn Outcome)
- [Learn how to use their phones to capture and replay video](#)

#### *Afternoon*

- Move to an actual beginner area
- Practice MA in beginner learning areas
- Use Reciprocal Teaching Style to practice various observation vantage points/methods
- [Practice MA video exam dry run in group format and talk about pros/cons](#)
- [MA Video exam with still frames in video sequence, 5 minutes per person](#)
- [In the event of technical difficulties, the Examiner may physically present inefficient movements in a Level 1–4 beginner task for assessment, in place of video.](#)

### Day 2 - Teaching/Instruction

#### *Morning*

- Review concepts while warming up ([review, check for understanding and practice application](#)) –
  - 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.
  - [If sufficient time, ride through the level 1-4 progression exercises, highlighting fundamental\(s\), board performance\(s\) and skills required or introduced in each:](#)

Skating/Mobility, Straight Glide/Run, One Foot J-Turns, Side Slip, Falling Leaf, Traverse, Garlands, C-Turn, Linking C-Turns.

- Move to beginner teaching area
- Review student meet & greet, questions, and goal setting with a focus on building rapport and a lesson plan that includes the student profile (dry run for meeting their lesson in the afternoon teaching exam “how do you get information out of your students?,” “what questions do you ask,” “what did you do in your last lesson,” “when was the last time you had a lesson?”)
- Terrain selection with practice of lower level exercises (try side slipping in these 3 areas, which is best and why – partner up and have each group find best terrain for different parts of the progression)
- Examiner demo teach. Group choice of L1-4 progression. Make sure to include the warmup with teaching for transfer

### *Afternoon*

- At lunch the clinic leader goes through levels 1-4 *verbally* and provides some ideas for each.
- Evaluation: Candidates teach components of levels 1-4 in the beginner area in 10-15 minutes.
  - Don't use Warm up or Board Intro as a teach topic
  - Candidate steps away from group. Group is given a student profile including snowboard lesson level, interests/hobbies and last lesson. An example of an appropriate interest/hobby would be a mainstream sport, such as Baseball, Soccer, Tennis, Mountain Biking, etc.
  - Candidate returns to group and begins teaching segment.
  - Each teaching segment should include an instructor introduction, rapport building, questions to learn the student profile and build a lesson plan, some kind of warmup or game based on the group's hobbies and interests, and match a relevant teaching segment of the 1-4 progression (which can also include the hobbies and interests).
- After each individual teaching segment, group debrief with pros and cons. Add teaching tips and teaching for transfer as applicable, remember, they will copy you.

### **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 after their first attempt. Provide up to 3 attempts for the freestyle tasks
- Make sure to set up your day to include all scored tasks as well as some supporting tasks. *Refer to the assessment sheet and task chart for specific tasks that may be evaluated during exam day.*
- The low level linked skidded demo on beginner terrain is a new assessment item in 2020-21 season. This should be evaluated on appropriate beginner terrain with a focus on slow speed demo to a student.
- Supporting tasks are riding demos straight out of the Level 1-4 beginner progression and should be evaluated on appropriate beginner terrain, for example: side slips, floating leaf, garlands, beginner C turns.