



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

SNOWBOARD LEVEL 1 CERTIFICATION OVERVIEW

Snowboard Level 1 is the first level of PSIA-AASI certification. At the Level 1, you're expected to demonstrate experience teaching beginner level snowboarders, show an introductory level of knowledge of snowboard instruction concepts, and apply your knowledge and skills on snow.

The Level 1 Certification is a three-day process with a day of Movement Analysis, Teaching, and Riding. Each day will be on snow and go from 9:00am until approximately 3:00 – 3.30 pm. This will allow time for results if applicable. Come prepared to ride all 3 days. You may attend all three days in a row at one event or you can spread your certification out over three single days at three different events.

SNOWBOARD LEVEL 1 CERTIFICATION STANDARDS

2020-21 Updates in Blue

Movement Analysis Knowledge & Skill

MA day is focused on analyzing and discussing rider development in beginner students.

In the morning participants will review MA Concepts (OEP) and how to observe a beginner rider, present an organized and detailed description, and determine Cause & Effect relationships (Body movement to Board Performance to Turn/Task/Trick outcome) based on the AASI Level 1-4 progression. *Participants will practice using phones to capture video and do movement analysis with replay.*

In the afternoon participants will be evaluated on their knowledge and understanding of movement analysis, by watching actual snowboarders on the slope and using video review. Participants are expected to identify movements of a beginner rider using still frames in a video sequence, identify deficiencies, and relate them to the specific exercises within the level 1-4 progression to improve their riding.

Level 1 MA will run under a Plan A / Plan B scenario this year, relying on examiner discretion. The clinic portion runs as currently laid out in the outline. When it comes to the exam portion, if the weather is good enough to do video MA on phones/tablets and you feel there is enough space to fulfill social distancing needs, you can run with Plan A and use video MA on phones/tablets. If you feel at all that the weather is too bad or you do not have space to responsibly carry out video MA, you move to Plan B. With Plan B, you move your group to the beginner zone, and pull-out candidates one at a time to do 1:1 MA with you. You will perform basic maneuvers from the Level 1-4 teaching progression, such as 1-foot glides, J turns, floating leaf, traverses, garlands, and C-turns, with minor deficiencies for that candidate in place of the video.

Instruction Knowledge & Skill



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Teach day takes place primarily in the beginner learning area. The examiner will first review teaching concepts introduced in the e-learning while warming up the group.

In the beginner area participants will review how to meet and greet students, ask questions to develop a student profile and lesson plan, and select appropriate terrain. The examiner will provide a demo teach of the group's choosing in the L1-4 progression.

In the afternoon, participants will each give a 10-15 minute teaching presentation to the group covering a piece of the level 1-4 beginner learning progression.

- Skating/Mobility
- Straight Glide
- One Foot J-Turns
- Riding Lifts & Carpets
- Side Slip
- Falling Leaf
- Traverse
- Garlands
- C-Turn
- Linking C Turns

Prior to your teaching segment, you will step away from the group, and your group will be given a student profile, including snowboard lesson level, interests/hobbies, and what they did in their last lesson. Each teaching segment should include an instructor introduction, rapport building, questions to learn the student profile from the group and build a lesson plan, some kind of warmup or game based on the group's interests/hobbies, and should match a relevant teaching segment of the 1-4 progression.

Your teaching knowledge and experience will be evaluated based on your participation and conversations with the evaluator as well as your presentation to the group. We recommend that you have experience at the beginner level. You must show the ability to safely manage a group when working with beginners.

Riding Knowledge & Skill

On the Riding day, participants are evaluated on riding ability **and ability to give demos at the beginner level**. Participants will be asked to demonstrate beginner riding tasks, skidded turns, carve turns, switch skidded turns, beginner bumps, and introductory freestyle. Supporting task demos will be pulled from the Level 1-4 beginner progression.

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.

Refer to the assessment sheet and task chart for specific tasks that may be evaluated during exam day.

Variations in movements and mechanics may be requested at the discretion of the evaluator. These could include changes in the type of flexion, extension, or rotation mechanics or in the Timing, Intensity, and

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Duration of those movements. Evaluators will provide specific descriptions of any task. Demonstrations will consist of a series of turns for a distance that allows adequate performance.

The examiner could be watching your riding at any time during the exam. You may be given the opportunity to free ride during the exam; keep in mind this time is also part of the exam and can be used to demonstrate some of your personal style and terrain preferences. Environmental and snow conditions will be taken into consideration.

Whatever your riding style, no matter what equipment you've chosen to bring to the exam, be ready to make it work. From groomed to crud, in the pipe or on the racecourse, come ready to show us that you can adapt to any or all of these situations. Bring the equipment and skills that are capable of doing it all.