



CANADIAN ASSOCIATION OF SNOWBOARD INSTRUCTORS: SUPPLEMENTAL TRAINING OUTLINE

Overview of training hours (Level 2 certified instructor):

3-day prep (Level 1):	22 hours
3-day Level 1 certification:	21 hours
2-day prep (Level 2):	14 hours
5-day supplemental training:	35 hours
4-day Level 2 certification:	28 hours
Total:	17 days (120 hours)

Overview of training hours (Level 3 certified instructor):

All above training, plus:

5-day prep (Level 3):	35 hours
5-day Level 3 certification:	35 hours
2-day Level 3 exam:	12 hours
Total:	12 days

3-day Level 1 Prep: 22 hours total

<p>Day 1: AM Level 1 Technical Standards Overview</p> <ul style="list-style-type: none"> - Review of basic competencies and relevant improvement tactics as related to candidates' riding ability. 	<p>Day 1: PM Technical development – Level 1 riding standard.</p> <ul style="list-style-type: none"> - Basic competencies & toolbox review of skill-based tactics.
<p>Day 2: AM Teaching Methodology</p> <ul style="list-style-type: none"> - Building Block method of presentation. 	<p>Day 2: PM Beginner teaching methodology</p> <ul style="list-style-type: none"> - QuickRide System overview.
<p>Day 3: AM Beginner teaching methodology (continued) and practices presentations.</p>	<p>Day 3: PM Technical development (riding standard).</p>

3-day Level 1 Certification Course & Exams: 21 hours total

<p>Day 1: AM Technical model (Skills Concept) presentation and rider development</p>	<p>Day 1: PM Beginner teaching methodology (QuickRide System Steps 1 – 3) presentation.</p>
<p>Day 2: AM Beginner teaching methodology (QuickRide System Steps 4, 5) presentation.</p> <p>Teaching Methodology: Developing Novice Skills</p>	<p>Day 2: PM Practice teaching workshop #1:</p> <ul style="list-style-type: none"> - Technical beginner training techniques.
<p>Day 3: AM Practice teaching workshop #2:</p> <ul style="list-style-type: none"> - Student-centred teaching methodology (with class-based scenarios). 	<p>Day 3: PM Practice teaching workshop #3:</p> <ul style="list-style-type: none"> - Teaching Children: Teaching approaches for child students.
<p>Exam Format: Technical and teaching evaluation formats are on-going during 3-day course.</p>	

2-day Level 2 Prep: 14 hours total

<p>Day 1: AM Level 2 Technical Standards Overview</p> <ul style="list-style-type: none"> - Review of basic competencies and relevant improvement tactics as related to candidates' riding ability. 	<p>Day 1: PM Beginner teaching methodology review (QuickRide System).</p>
<p>Day 2: AM Teaching Methodology</p> <ul style="list-style-type: none"> - Whole-Part-Whole Method of Presentation 	<p>Day 2: PM Teaching Methodology: Skill development tactics for Intermediate riders.</p>

5-day supplemental Level 2 Prep: 35 hours total

<p>Day 1: AM Riding Standards Review & Basic Competencies</p> <ul style="list-style-type: none"> - Review of basic competencies and relevant improvement tactics. 	<p>Day 1: PM Skills Concept review with relevant tactics.</p> <ul style="list-style-type: none"> - Toolbox review of skill-based tactics from the
<p>Day 2: AM Teaching strategies session.</p> <ul style="list-style-type: none"> - Theme/Lesson Goal - Methods of Presentation (Building Block, Guided Discovery, Whole-Part-Whole) 	<p>Day 2: PM Analysis & Improvement Session with analysis drills (partners, circle around, telephone, etc.)</p> <ul style="list-style-type: none"> - Analysing riding - Delivering improvement
<p>Day 3: AM Novice / QuickRide System review.</p>	<p>Day 3: PM Novice practice teaching – highlight WPW format and outcome based teaching for Novice riders.</p>
<p>Day 4: AM Terrain adaptation skills and tactics for intermediate riders, with analysis and feedback.</p>	<p>Day 4: PM Basic freestyle progressions with analysis and feedback.</p>
<p>Day 5: AM Practice teaching: skill-based teaching (sliding / carving).</p>	<p>Day 5: PM Riding session with video analysis, relative to Level 2 riding standard.</p>

4-day Level 2 Certification and Exam: 28 hours total

Day 1: AM Technical Skills Improvement Session <ul style="list-style-type: none">- Review of Basic Competencies and relevant improvement tactics as related to candidates' riding ability.	Day 1: PM Novice Teaching methodology: <ul style="list-style-type: none">- Whole/Part/Whole method.- QuickRide System review.
Day 2: AM Practice teaching workshop: <ul style="list-style-type: none">- Novice students.	Day 2: PM Teaching Methodology: <ul style="list-style-type: none">- Introductory off-piste / freeride skills.
Day 3: AM Practice teaching workshop: <ul style="list-style-type: none">- Off-piste / freeride skills.	Day 3: PM Teaching Methodology: <ul style="list-style-type: none">- Piste / groomed terrain skill development (Sliding and Carved turns).
Day 4: AM Practice teaching workshop: <ul style="list-style-type: none">- Piste / groomed terrain skills.	Day 4: PM Technical improvement (riding) session: <ul style="list-style-type: none">- Level 2 riding standard.

ADDITIONAL LEVEL 3 TRAINING AND CERTIFICATION

5-day Level 3 Prep: 35 hours total

<p>Day 1: AM Skill Development model: - Consolidation / Refinement characteristics.</p>	<p>Day 1: PM Technical Methodology: Advanced Competencies - Strength & Flow - Arc-to-Arc</p>
<p>Day 2: AM Technical Methodology: Advanced Competencies - Loading & Deflection - Steering Versatility</p>	<p>Day 2: PM Introduction to instructor training strategies.</p>
<p>Day 3: AM Pedagogy session planning workshop & practice presentations.</p>	<p>Day 3: PM Skills Concept Workshop: - Skill components overview and application.</p>
<p>Day 4: AM Skills Concept Workshop: - Skill components (continued)</p>	<p>Day 4: PM Skill-based teaching workshop.</p>
<p>Day 5: AM Terrain Park technical development (riding) session.</p>	<p>Day 5: PM Level 3 riding standards and tasks overview.</p>

5-day Level 3 Certification Course: 35 hours total

<p>Day 1: AM Pedagogy / Instructor Training Presentation</p>	<p>Day 1: PM Pedagogy / Instructor Training (continued)</p>
<p>Day 2: AM Practice presentations: Instructor Training sessions</p>	<p>Day 2: PM Teaching Methodology: - Piste / groomed advanced terrain skill development.</p>
<p>Day 3: AM Practice teaching workshop: - Advanced piste / groomed terrain</p>	<p>Day 3: PM Teaching Methodology: - Off-piste / freeride advanced skill</p>

skills.	development.
Day 4: AM Practice teaching workshop: - Advanced off-piste / freeride skills.	Day 4: PM Teaching Methodology: - Terrain park / freestyle basic skill development.
Day 5: AM Practice teaching workshop: - Terrain park / freestyle skills.	Day 5: PM Riding exam preparation workshop.

2-day Level 3 Exam: 12 hours total

Day 1: AM Teaching evaluations	Day 1: PM Teaching evaluations (continued)
Day 2: AM Pedagogy evaluations	Day 2: PM Technical (riding) evaluations