



### Snowboard Movement Analysis and Technical Knowledge

#### Movement Analysis

- Cause and effect relationships
- Reference alignments
- Biomechanics related to snowboarding
- Stance issues related to a rider's ability to flex, extend, and rotate
- Equipment relating to performance
- Turn shape, turn size, direction, turn type, movement pattern, upper/lower body relationship
- Objective feedback

#### Technical Knowledge

- CAP Model
- Piaget's Stages of Development
- Maslow's Hierarchy of Needs
- Children's Teaching Cycle - PDAS
- ATML Model
- STS concepts: Teaching, Learning, Riding, and Service concepts
- The design and function of modern snowboard gear
- Basic physics concepts and how they apply to snowboarding
- Board performance concepts
- Fundamental movement concepts

### Snowboard Teaching Standards

- Safety, Your Responsibility Code, Park Smart
- Use of AASI Snowboard Teaching System (STS) concepts
- Presentation of logical progressions, from simple to complex, that are appropriate for the skill level of each student and relevant to task and desired outcome
- Accurate demonstrations appropriate to the task and skill level of students
- Professionalism at all times
- Use of feedback models that are timely, appropriate and accurate
- Communication skills
- Group handling appropriate for terrain, task and skill level of students
- Recognition and appropriate adaptation to ages and stages of development
- Use of appropriate terrain for task and skill level of student
- Pacing of lesson appropriate for student profile
- Ability to adjust presentation of lesson content to accommodate different lesson types

### Snowboard Applied Movements

Movements to be applied, both separately and in a blended fashion at Level I include:

- Flexion
- Extension
- Rotation

These will affect the performance outcomes of:

- Tilt
- Twist
- Pivot
- Pressure