

STICKER

A SCORE OF 4 AND ABOVE EQUALS A PASSING SCORE

☐ 6 = Essential elements appear continuously at a superior level.
☐ 5 = Essential elements appear frequently above required level.
☐ 4 = Essential elements appear regularly at satisfactory level.

☐ 3 = Essential elements appear but not with consistency.
☐ 2 = Essential elements are beginning to appear.
☐ 1 = Essential elements were not observed or not present.

Participation and Motivation
The participant is actively involved throughout the learning process as shown by actions and words, and represented an appropriate level of readiness and preparation for the event. The candidate demonstrated thoughtful completion of the workbook with an 80% or greater correct response rate.

Teaching Skills and Application
Group management, appropriate exercise lines and progressions, inside/out teaching, use of ATML, teaching/learning styles, safety and etiquette, accurate feedback, etc

Skiing/Riding: Skill Blending in All-Mountain Conditions

Variety and Mastery of Jump Maneuvers

Variety and Mastery of Box/Rail Maneuvers

Variety and Mastery of Half Pipe Maneuvers

Goals for Continued Improvement



MOVEMENT ANALYSIS and TECHNICAL KNOWLEDGE

Discuss the application of the CAP Model across the age range of freestyle students, up to and including intermediate zone students

Identify and discuss freestyle movements through the intermediate zones including: cause and effect relationships, single spins in the air, various stances for sliding features, gaining amplitude on transitional features...

Demonstrate the application of the PSIA-AASI teaching model across a broad variety of student ages, up to and including intermediate zone students

Demonstrate effective problem-solving techniques related to managing student motivations, desires and freestyle performance

Discuss strategies for working with parents

Discuss safety and risk management strategies for teaching freestyle including Smart Style, and appropriate terrain, and issues relating to whether and snow conditions

Perform accurate Movement Analysis through intermediate zones. Identify movements then create and adapt the lesson plan based on the identified movements

Discuss terrain park design and intended use up to intermediate zones

SKIING/RIDING

Ski/Ride comfortably in all green terrain, blue terrain including off-piste and medium bumps, and groomed and smooth off-piste black terrain

The Freestyle Specialist 2 Rider will be able to perform the following at an Elementary stage:

Switch, carved long-radius turns on green trails

Straight airs with a grab or move over medium, man-made features

Both regular and switch, spin left and right on medium air features

Flatland moves in multiple applications (sustained butters, pressure moves, various pop moves...)

Slide a variety of features including down angle, street approach, gap entry

Demonstrate variations of rotational, and pressure moves on slide features

Demonstrate air at or above the lip, on both right and left approaches with appropriate edge change and speed maintenance moves in a halfpipe

Demonstrate basic spins and switch airs at the lip in a halfpipe

TEACHING

The successful FS2 participant will demonstrate the ability to choose appropriate exercises, games and tasks and teach a safe, effective freestyle skill progression that demonstrate the application and analysis of the technical terms, concepts, and models listed.

Teaching concepts

- The Teaching Cycle: PDAS
- Class Handling

CAP Model

- Learning Styles
- Motor Control, Coordination, and Sensory Development

Movement Analysis

- Freestyle movement patterns
- Cause-and-effect relationships
- Biomechanics related to physical development and task
- Progression building

Equipment Requirements and Issues

Basic Safety and Risk Management

Session vs. Flow environment

A.T.M.L.™ Model

Smart Style

Challenges

- Anxiety, Fear

Participation in group discussions

Peer teaching in small groups demonstrating the ability to teach to a spectrum of individuals through intermediate zones: terrain up to and including groomed black terrain, including small and medium features in a terrain park.

FS2