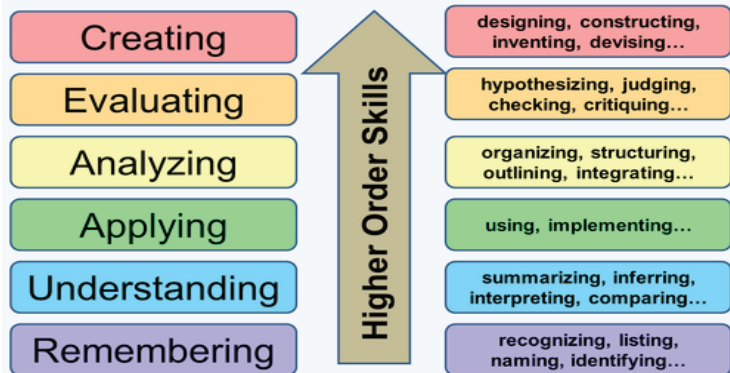


STICKER

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.



The successful Senior Specialist 1 (SS1) participant will demonstrate the **knowledge** and **comprehension** as well as the **application** of the technical terms, concepts and models covered in this two day certificate course. Participants will be awarded a Senior Specialist 1 certificate upon successful program completion.

PACING

RELATIONSHIPS

LOW IMPACT CONTINUOUS MOVEMENT

ADDITIONAL COMMENTS

SS1

SKIING PERFORMANCE

on all green and blue groomed terrain

General Skiing Characteristics as applied to Seniors

- Consistently link turns with sustained rhythm
- Maintain consistent speed by controlling the shape of a turn
- Maintain a balanced stance with skeletal (stacked) alignment as needed throughout a series of turns to be able to positively affect any of the skills, at any time
- Ski a variety of turn sizes within a series of turns while maintaining speed control
- Display continuous flexion/extension movements and lower edge angles



TEACHING and PROFESSIONAL KNOWLEDGE

A Senior Specialist 1 instructor demonstrates the knowledge and comprehension of, and the ability to articulate and discuss, senior specific concepts including:

The Learning Partnership as it applies to Seniors

Senior Student Profile and Instructor Behaviors

The CAP Model for Seniors

Cognitive – developmental milestones, behaviors, learned movement patterns, roadblocks, Visual, Auditory and Kinesthetic (VAK)

Affective – desires and goals, history

Physical – real versus ideal movement patterns, medical issues, low-impact and continuous-movement curriculum

Instructor Behavior for Senior Lesson

(Teaching Model) Maslow's Theory, Guest Description, Pacing, Effective Use of Mountain Playground and Wrap Up

	A SS 1 is able to: Copy and Apply <i>Knowledge, Comprehension and Application</i>	A SS 2 is able to: Analyze and Create <i>Analysis, Synthesis and Evaluation</i>
Relationships Cognitive	<ul style="list-style-type: none"> • Describe key elements of the cognitive attributes specific to senior client • Apply client's specific cognitive attributes into lesson development content 	<ul style="list-style-type: none"> • Assess and adjust lesson content based upon identified cognitive characteristics • Combine all elements of each client's individualized characteristics blended into a lesson plan that meets the needs of both the group and individuals
Relationships Affective	<ul style="list-style-type: none"> • Recognize instructor based skills to build trust and rapport • Grasps key motivations that may influence client outcomes • Interprets key psycho-social concepts as applicable to the senior client 	<ul style="list-style-type: none"> • Proactively implements and adapts lesson content based on goals and desires of the individual and group • Draws conclusions and adjusts interactions based upon appropriate combination of psycho-social models and principles
Awareness Physical	<ul style="list-style-type: none"> • Discerns conditions to shape lesson content utilizing low impact and continuous movement tactics • Identifies key elements of conceivable physical attributes of the senior client 	<ul style="list-style-type: none"> • Employs low impact and continuous movement tactics applicable to all skill levels and terrain options • Adjusts and advances lesson content based upon real-time physical manifestations
Adventure Cognitive Affective Physical	<ul style="list-style-type: none"> • Explains core components of an effectively paced lesson • Understands core elements for an inspiring experience • Tailors the lesson environment to fit needs and goals based on terrain choice and desires 	<ul style="list-style-type: none"> • Compares skill development based on ski/board performance while contrasting through the lens of student's stated goals • Creates an inspiring experience • Guides paced practice and provides feedback based upon evaluation of continually changing environment, adjusting to address real time desires and outcomes