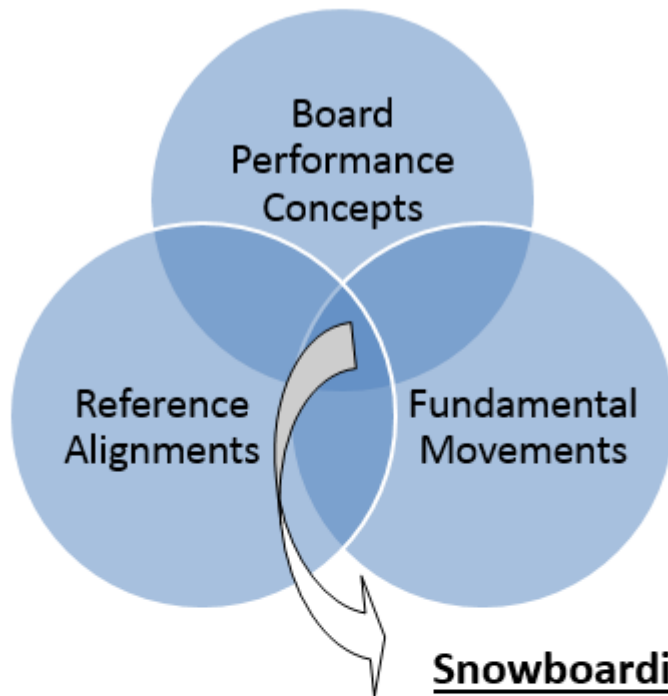




SNOWBOARD STUFF & THINGS | 11.04.2017





Snowboarding Fundamentals

Manage the board's pivot through flexion/extension/rotation of lower body, together with, separate from, or in opposition to the upper body

Manage edge angles through a combination of inclination and angulation

Manage torsional flex of the board using independent or simultaneous flexion/extension of lower body joints

Manage the relationship of the CM to the base of support to direct pressure along the length of the board

Manage the relationship of the CM to the base of support laterally to direct pressure across the width of the board

Regulate magnitude of pressure created through board/surface interaction



SNOWBOARD 6 FUNDAMENTALS

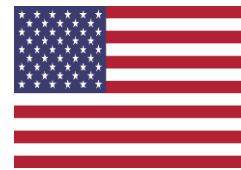
- Some pushback from divisional leaders but well received by many
- Continue to use as a resource and feedback tool
- Continue to make adjustments throughout season and share back
- Not ready to share out to membership yet



STANDARDS DOCUMENT

- Continue to make adjustments and improve format for the member's interpretation
- 2018 update to standards doc
- Detailed in comparison to Learning outcomes





US STANDARDS



30.000 ft

National Standards

20.000 ft

ELC
Learning Outcomes
Others ?

10.000 ft

Skier Level Descriptors
Divisional Exam Guidelines



LEARNING OUTCOMES

- L1 Riding, Teaching, Professional Knowledge/MA
- 5ish of each
- What makes up a great L1 instructor?
- Non-negotiables
- Learning Outcome->Assessment Criteria



RIDING

LO: The successful candidate will demonstrate **safety awareness**

LO: The candidate will demonstrate an ability to maintain, move from, and regain a **neutral reference alignment** in all conditions on all green and blue terrain, including off-piste conditions and small bumps.

LO: The rider will be able to demonstrate all SB National Standard **tasks in Level 1-4 Progressions**

LO: Rider will be able to explore a variety of **freestyle maneuvers**, on and off small features

TEACHING

LO: A successful candidate will be able to demonstrate safe and effective **group handling** and class management

LO: A successful candidate will be able to apply **STS concepts** in a teaching segment.

LO: A successful candidate will be able to present a desired riding outcome using a **logical progression**

LO: A successful candidate will be able to consistently display **professionalism**

LO: A successful candidate will be able to **effectively communicate**

LO: A successful candidate will have **People skills**

MOVEMENT ANALYSIS

LO: The successful candidate will describe the **cause and effect relationships** between Fundamental Movements and Board Performance Concepts.

LO: The successful candidate will connect relationships between **stance, biomechanics, and physics** and how they apply to movement patterns and outcomes.

LO: The successful candidate will deliver objective **feedback** to riders.

LO: The successful candidate will demonstrate the knowledge and comprehension of **AASI technical terms, concepts, and models.**



LEARNING OUTCOME EXAMPLE

- LO: A successful candidate will be able to present the desired riding outcome using a logical progression
- LE: The candidate will attend on-snow and/or indoor training, study written resource materials (i.e. PSIA-AASI manuals, workbooks, certification guides, web-based resources, etc.), and teach lessons in the beginner/novice zone.
- AA: The candidate will lead a teaching segment focused on skill development in the beginner/novice zone.
- AC: A successful candidate will present a sequence of steps/tasks that build on one another, to develop skills that allow the student(s) to reach the desired outcome.



IN SUMMARY



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