

Adaptive Alpine Technical, Teaching, and People Skills Applications: Adaptive Level I

Discipline: Adaptive

Duration: Two full days; 12 CEU's.

Setting: On-snow

Course Description:

This 2-day session is geared toward candidates preparing for the PSIA Adaptive Level 1 certification and certainly useful for any instructor looking to gain tools for use in Adaptive lessons. Participants will gain a clearer picture of technical application in various Adaptive disciplines, movement analysis, equipment and tactics, technical tactics and communication, diagnoses and medications, and adaptations of teaching skills employed in adaptive lessons.

Prerequisites Courses:

- Alpine Level I certification preferred.
- Level 7 or higher skiing

Knowledge and Experience Expectations:

- Completion of preferred discipline in the e-learning course "Teaching Adaptive Snowsports."
- Basic knowledge of the Fundamental Mechanics of Alpine skiing, basic knowledge of movement analysis process.

Course Objectives:

By the end of this clinic, successful participants will be able to:

- Cite the learning objectives for Adaptive Level I certification
- Apply to future learning and assessment preparation the skill expansion feedback given by the clinician.
- Apply the Fundamental Mechanics of Alpine Skiing to users of Adaptive ski equipment.
- Connect with other Adaptive instructors to enlarge their learning support group and broaden insights and experiences.

- Incorporate movement analysis principles regarding skiers with disabilities by describing a more-ideal, ski(s) and body performance (1 skill through 3 phases of the turn) in the beginner/novice zone.
- Demonstrate best practices in teaching beginner lessons for a particular discipline in Adaptive.

Potential Learning Outcomes:

- Use tasks associated with Adaptive Level 1 assessment outcomes as foundation to generate feedback for skill expansion.
- Participate in a variety of exercises and activities to anchor understanding and expand skill in guiding and assists in various adaptive disciplines.
- Work in small groups to apply a process for physical or cognitive assessment to students with disabilities.
- Work in small groups to develop goal statements for various profiles of guests with disabilities.
- Review the teaching model and develop lesson plans based on goal statements and adaptive disciplines.
- Explore communication strategies and systems to meet the needs of guests with disabilities and their instructors.
- Work in pairs and small groups to apply movement analysis processes to skiers who use various pieces of Adaptive equipment in the beginner/novice zone.
- Participate in practice teaching in small groups to develop comfort and proficiency in teaching beginner guests with disabilities while being observed by others.

Materials Needed:

- Personal ski or snowboard gear and helmet.
- Adaptive equipment (tethers, Guide vests, tip appliances, sit skis, and other) as designated by clinician.