



CANADIAN SKI INSTRUCTORS' ALLIANCE

*Level 3 Teach
Course Guide*

2011-2012

Mission Statement

*“The CSIA sets the standard for
the profession of ski teaching.”*

Certified as a designated Educational Institute by the
Canadian Department of Human Resources Development.

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Canadian Ski Instructors' Alliance

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Level 3 Course Introduction



The Level 3 Teach course content is directed at full and part-time instructors who wish to train for the teaching portion of the level 3 certification. This option allows candidates to train for the teaching and skiing components separately. The teaching course includes;

- Development of understanding of advanced teaching methodology
- Assessment and development strategies to an advanced parallel skill level
- Situational teaching skills, practical ski teaching methods, and improvement of guest service skills.
- Suggestions and strategies for long-term development of advanced teaching skills
- Specific preparation for level 3 teaching exams

DURATION: 3 days – 18 hours training phase
2 days – 10 hours evaluation phase

COURSE CONTENT: Training Phase

*** Recommended Reading**

- › Guest Service – pgs. 2.2,-2.3, 2.5, 2.7, 2.10
- › Advanced Methodology – pgs. 6.2-6.6, 6.8-6.18

Sub-total 1 hrs

*** Indoor**

- › Guest Service
- › Advanced Methodology
- › Assessment & Development
- › One on One and Debriefing

Sub-total 2 hrs

*** Outdoor**

- › Instructor Training (pedagogy)
- › Terrain Adaptation Methodology
- › Edge Control Methodology
- › Teaching Exam Review

Sub-total 15 hrs

Total: 18 hrs *Approximately

Level 3 Teach Schedule



DAY 1

- ✦ **Registration**
- ✦ **On snow**
 - › Advanced Methodology – Teaching Workshop
 - › Guest service exercise
 - › Edge Control – Teaching Workshop
- ✦ **Indoor**
 - › Review course outline
 - › Workshops
 - Guest Service
 - Advanced methodology

DAY 2

- ✦ **On snow**
 - › Fast Track to Parallel – Introduction to Instructor training
 - › Terrain adaptation with methodology (bumps)
- ✦ **Indoor**
 - › Workshops
 - Assessment and Development
 - › L3 Standards and exam review
 - › One-on-one sessions: Course conductor-candidate

DAY 3

- ✦ **On snow**
 - › Skill/Drill practice (work in small groups)
 - › Practice teach all aspects – Exam review
- ✦ **Indoor**
 - › Final one-on-one assessments
 - › Level 3 exams recommendations
 - › Course Conductor Feedback Forms

*This schedule may be adjusted in consideration of conditions, weather and facilities.



The evaluation process continues throughout the training phase. The candidate will receive feedback on his/her strengths and areas for improvement in relation to technique, teaching and general attitudes.

TEACHING ASSESSMENT

Element Of Competency	Performance Criteria
<p>Teach advanced skiing in accordance with CSIA technique and methodology</p>	<p>Technical understanding:</p> <ul style="list-style-type: none"> › Teaching is skill related and applied to phases of the turn; › Identify symptoms of obvious skill deficiencies related to advanced skiing competencies; › Identify causes of skill deficiencies linking cause and effect; › Advanced training strategies should be skill specific, progress and adapt tactical approach to terrain and surrounding conditions; › Adapt teaching approach appropriately to the students' current stage of development; › Development approach should provide a clear direction to help students improve. <p>Student-centred method:</p> <ul style="list-style-type: none"> › Demonstrate safe teaching practices; › Show an organized and structured lesson appropriate to stages of motor learning; › Adapt teaching approach to developmental stages, terrain and conditions; › Teaching is adjusted to the stage of development of the targeted motor skill; › Recognize two way communications as an assessment tool; › Create proper lesson pace through effective class control; › Utilize skiing mileage based on time frame of the lesson; › Demonstrations should be technically accurate, adapted to terrain and appropriate for the level of students. <p>Guest service:</p> <ul style="list-style-type: none"> › Utilize the principles of active listening; › Show the use of the learning contract; › Communicate using two way communications with individuals in the group; › Provide individual feedback involving the student; › Show an understanding of learning styles; › Recognize challenging students and situations; › Demonstrate a positive attitude and use appropriate body language. <p>Demonstration skills:</p> <ul style="list-style-type: none"> › Demonstrations adapted to skill level of the students; › Demonstrations adjusted to terrain and situations; › Demonstrations must be technically accurate; › Varied demonstration approach; › Effective use of body language.

Day 1



★ By the end of the day, you will have been exposed to the following:

- › **The Course Conductor will review the CSIA Teaching Methodology and Technique based on skiers in the group.**
 - Candidates will share their knowledge throughout the session.
 - Candidates will have an opportunity to share in the assessment of the group.

- › **Teaching practice – Edge control**
 - In groups of 3 or 4, you will work with the group in edge control with the focus of developing your peers.
 - The Course Conductor will debrief the groups after each session as to the effectiveness of the lesson.

★ Indoor

- › Review course outline
- › Workshops
 - Guest Service
 - Advanced methodology

★ Reading assignment :

- › Guest Service – pgs. 2.2-2.3, 2.5, 2.7, 2.10
- › Advanced Methodology – pgs. 6.2-6.6



✓ GUEST SERVICE DISCUSSION - Manual chapter 2

Topic _____

Experiences

Teaching Implications / Application

✓ ADVANCED METHODOLOGY - Manual chapter 6

1. During the video – How We Learn, what were some of the expectations of the consolidation/refinement level students?

2. Describe your expectations as a consolidation/refinement level skier?

3. Categorize the following expectations on the video as Behavioural or Decision based training.

- a. One skill at a time _____
- b. A feeling or sensation to practice _____
- c. A tool box _____
- d. Guided mileage _____
- e. Variation of drills _____
- f. Specific skill development plan _____



DAY 1

EDGE CONTROL

Technical Understanding

Teaching Methodology



★ By the end of the day, you will have been exposed to the following:

- › **Course Conductor led Instructor training session**
 - This session will be based on the development of your pedagogy skills
- › **You will receive individual feedback on skill development in the bumps/terrain adaptation.**
 - You will receive feedback on tactical approaches to skiing bumps as well as technical areas of development.

★ One on One session

★ Indoor




- › Workshops
 - Assessment and Development
- › L3 Standards and exam review

★ Reading Assignment :

- › Advanced Methodology – pgs. 6.8-6.13

Indoor Workshops



VIDEO – ASSESSMENT AND DEVELOPMENT 1	
<p>Symptom :</p> <p>Competency :</p> <p>Skill :</p>	
<p>Symptom :</p> <p>Competency :</p> <p>Skill :</p>	
<p>Symptom :</p> <p>Competency :</p> <p>Skill :</p>	

VIDEO – ASSESSMENT AND DEVELOPMENT 2

Symptom/Competency :

Skill :

Turn Phase :



Symptom/Competency :

Skill :

Turn Phase :



Symptom/Competency :

Skill :

Turn Phase :



VIDEO - ASSESSMENT AND DEVELOPMENT 3

Symptom/Competency :

Skill :

Cause and Effect :



Symptom/Competency :

Skill :

Cause and Effect :



Symptom/Competency :

Skill :

Cause and Effect :



Symptom/Competency :

Skill :

Cause and Effect :



VIDEO - ASSESSMENT AND DEVELOPMENT 4

Symptom/Competency :

Skill :

Cause and Effect:

Development Strategies :



Symptom/Competency :

Skill :

Cause and Effect:

Development Strategies :



Symptom/Competency :

Skill :

Cause and Effect:

Development Strategies :



Symptom/Competency :

Skill :

Cause and Effect:

Development Strategies :



Level 3 exams review - indoor



After completing the teaching training phase of the course, the participants will have 2 years (730 days) from the course date to attend the teaching exam. The exams are scheduled over two consecutive days; the teaching exam being held on day one and the ski off being held on day two. The skiing training phase of the course is a pre-requisite to attend the skiing exam.

Candidates must pass both skiing and teaching aspects to receive the full Level 3 certification.

Re-test on skiing or teaching

Candidates who fail skiing or teaching have 2 years (730 days) from the course date to be re-tested on that portion. Candidates passing one portion will never have to be re-tested for that portion. However, after the 730-day period, the training phase must be taken again, either through the full course or the partial (ski or teach) course pertaining to the failed portion.

✦ SCHEDULE

Day 1

AM - Warm-up and terrain review
- Teaching exam

PM - Teaching Exam

Day 2

AM - Warm-up and terrain review
- Ski Off

PM - Ski Off
- Results presentation

This schedule may be adjusted in consideration of conditions, weather and facilities, however, the Teaching Exams will remain on Day One and the Ski Off will remain on Day Two.

❁ EVALUATION PHASE

TEACHING:

- › The teaching exam is 60 minutes in duration, including lift time.
- › Candidates must teach to a minimum of 4 students and a maximum of 6.
- › Usually the choice of terrain is at the discretion of the candidates. However, if time or terrain availability is a problem, the course conductor may impose his own choice.
- › Each candidate will teach an advanced lesson which consists of:
 - Advanced Ski Improvement
 - Bumps
- › Teaching assignments are given the morning of the exams.
- › Teaching order is determined by assignments and terrain at the discretion of the course conductor.

MARKING SYSTEM: **(P) PASS OR (F) FAIL**



DAY 2

FAST TRACK TO PARALLEL – Instructor Training

Technical understanding _____

Student centred method _____

Demonstrations _____

TERRAIN ADAPTATION

Skiing skills _____

TERRAIN ADAPTATION – Teaching Methodology

Technical understanding _____

Student centred teaching _____

Guest service _____



✦ **By the end of the day, you will have been exposed to the following:**

› **Assessment and Development practice**

- Course Conductors will lead the scenarios and set up the environment. This is an opportunity for you to develop your peers in an open learning environment.
- Try tactical approaches and learn from the results of your actions.
- You will be allowed enough time to create and implement strategies with your peers

› **Teaching exam review**

- Review the teaching format and outline expectations in the 60 minute exam.

DAY 3



SKILL DRILL PRACTICE

ASSESSMENT

DEVELOPMENT

TEACHING REVIEW

Technical understanding
