

Training for Performance Module



Description

- Pre-requisite = Level 2
- 15 education credits
- Recommended for those preparing for Level 3 and Level 4 exams

The Training for Performance module develops skills and understanding to improve performance under pressure. It also reviews the specifics of level 3 and level 4 exams and provides feedback and training strategies for those preparing for exams.

Schedule

Day 1

❖ Registration

❖ On snow (4.5 hours)

- › AM - Performance in skiing
 - Ski-off simulation
- › PM – Performance in teaching
 - Teaching sessions, exam format

❖ Indoor (1 hour, 10 minutes)

- › Mid-day Workshop (40 minutes) - The Psychology of stress and performance
- › PM Workshop (30 minutes) – Developing a training plan
 - Review of “performance triangle”
 - Developing a personal training plan

Day 2

❖ On snow (4.5 hours)

- › AM - Performance in teaching
 - Teaching sessions, exam format
- › PM – Performance in skiing
 - Ski-off simulation/practicing performance skills

❖ Indoor (1.5 hours)

- › One-on-one assessments and exam recommendations (approx. 15 min per candidate)