

Alpine Level 3 Ski Teacher (ISIA)



Teaching Assessment Criteria

Alpine Environment

Client level - Advanced

Teach - full range of client abilities

- Understanding of technical skiing and use of technical language
- CSD Lesson + Advanced lesson (all exam components up until the L3)
- Ability to identify and explain the WHY, WHAT, HOW of each chosen drill or exercise

The following criteria are broken down under the headings of **Safety, Enjoyment** and **Learning** (SEL). It sets out what you as potential level 3 teachers need to "Know" by the end of the course and what do you need to "Show" when delivering your session(s). Candidates will be assessed on a number of sessions throughout the course with one long session of approx 30 - 45mins being delivered at the end of the week.

SAFETY

Know

- the **10 FIS Rules** of Conduct for skiers and snowboarders
- the **4 FIS Instructor Rules**
- about accident procedure in a ski resort
- about the different types of lifts encountered in ski resorts and how to introduce them to your learners
- about weather and its potential effects on your learners
- about snow conditions and how to deal with them (tactically)





Show

- good group management during sessions delivered
- the ability to use and teach the FIS rules of conduct as required
- the ability to follow the 4 FIS Instructor Rules
- the ability to give clear instructions/directions to assist with management of learners
- awareness of other slope users
- good communication with other instructors delivering sessions as required
- good choice of terrain and slope selection appropriate to the learner's ability level
- the ability to deal with different snow types and help your learners with tactics to cope with the conditions
- the ability to deal with different weather conditions; whiteout, poor visibility, cold, sun etc. and make good decisions to ensure the safety and well being of your learners

ENJOYMENT

Know

- how to adapt lessons for adults and children
- a **range of activities** for each stage of **Core Skier Development (CSD)** and for **All Mountain Skiing (AMS)**

Show

- confident communication that focuses on the whole group and individuals within the group
- the ability to use simple every day language that is not overly technical but still accurate to the **Basic Principles**
- the ability to adapt language to different types of learners
- the ability to present activities in a fun and interesting way using analogies & imagery as required
- the ability to keep learners moving, teaching on the move and using the runs and terrain available
- the ability to set an appropriate "climate" that promotes both enjoyment and hence learning



LEARNING

Know

- the Reproduction **Teaching Styles A to E (Mosston & Ashworth)**
- the Production **Teaching Styles F to K (Mosston & Ashworth)**
- the 3 Phases of **Skill Acquisition** (Fits & Posner)
- about different types of **Feedback**
- about **SMARTER Goal Setting**
- about **using video** to enhance learning

Show

- a logical progression of activities for **CSD** and **AMS** sessions
- sessions that have a beginning, middle and end
- the ability to use different teaching styles (A to H)
- an understanding of teaching styles I to K
- the ability to use a good mixture of explanation and demonstration an understanding of learner phases and the ability to recognize which phase your learners are in and how to adapt your sessions/activities for
- individual learners
- the ability to give informative, positive and corrective feedback through telling and questioning
- the ability to set realistic goals with your learners
- the ability to use video and analyze your learners performance in playback

RESOURCES

- 1) **Irish association of Snowsports Instructors Manual** - iasisnowsports.ie
- 2) **10 FIS Rules of Conduct for skiers & boarders**
- 3) **Parallel Dreams Alpine Skiing**, 2007 available from Amazon
- 4) **Ski Instructors Handbook – Teaching Tools and Techniques**, 2012 available as ebook from Amazon, iBooks and print version from Parallel Dreams and Amazon
- 5) **Ski Instructors Assistant** by Derek Tate, 2014 available as a free download from Apple iBooks
- 6) **Ski Instructors Handbook – Technical Skills & Drills**, by Andrew Lockerbie, 2011, available in print from Parallel Dreams and Amazon