

Alpine Level 4 Ski Teacher (ISIA Card)



Teaching Assessment Criteria

Alpine Environment

Client level - Advanced Tech

Teach - lesson to peers

Understanding of technical skiing and use of technical language

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 4 teachers need to "Know" by the end of the course and what do you need to "Show" when delivering your session(s) and reviewing your peer's sessions. Candidates will be assessed on a number of sessions throughout the course with one long session of approx 1.5-2hr 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 on and off piste
- about the different types of lifts encountered in ski resorts and how to use them safely
- about weather and its potential effects on your learners
- about all types of 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/mountain 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 all 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.

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 language that is appropriate to your learners knowledge and understanding, but still not overly technical, while remaining accurate to the **Basic Principles**
- the ability to adapt your approach 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 (MCA), 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 **KMPF Skill Acquisition Model**
- the **Irish Snowsports Teaching Methodology (ISTM)**
- about different types of **Feedback**
- about **SMARTER Goal Setting**
- the **6 Ways to Influence** (Robert Cialdini)
- about **using video** to enhance learning

Show

- a logical progression of activities for **CSD** and **AMS** sessions
- clear & accurate demonstrations of all phases of **CSD**
- sessions that have a good structure and come to a clear conclusion
- the ability to skillfully use different teaching styles (A to I)
- a good understanding of teaching styles J & K
- the ability to use a good mixture of explanation and demonstration
- a clear understanding of skill acquisition 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
- an understanding of the 6 ways to influence and how to integrate them to your delivery
- the ability to review your peer's sessions, identifying strengths and weaknesses in their delivery through the use of questioning rather than telling





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

