

IASI Level 4 Course Report Form



Name: _____
Date: _____
Location: _____
Course: _____

Educator: Matt Spragg

Safety (Primarily planning in PEAR model):

Uses good group management during sessions delivered Teaching uses FIS rules of conduct as required

Provides clear instructions/ directions

Shows awareness of other slope users

Matches tasks, terrain and slope selection to the learner's ability level Shows the ability to adapt to and deal with a variety of weather conditions

Enjoyment (Planning, Execution and Adapting)

Communication is confident, clear and enthusiastic

Communicates with the whole group and individuals as required

Uses simple language that relates to the Basic Principles

Adapts language to suit different learners

Activities are presented in an engaging way that promotes long term learning Keeps learners active through appropriate lesson pacing

Learning (Planning, Execution, Adapting and Reflecting) :

Sessions show a clear logical structure

Shows the ability to use different teaching styles to help the students

Balances explanation and demonstration

Shows a basic understanding of learner phases and how to adapt activities

Develops activities to enhance learning using a logical progression

Uses good observation and communication to provide feedback to help the students. Show an understanding of how to set goals

At Level 4 students are expected to have a good grasp of the PEAR model and be able to Plan, Execute, Adapt and Reflect throughout their lessons. Whilst showing a high level of technical understanding.

Please refer to the PEAR model in the manual for further information and guidance

Comments:

Movements:

Uses a proportional bend in ankles, knees and hips for a stacked posture
Shows ability to make movements in a variety of directions
Adjusts movements to vary outcome for turn size, speed and terrain

Balance:

Manages balance around a central point
Creates and manages balance over both edges

Steering:

Blend of steering skills is adjusted for a variety of outcomes
Uses the lower body to lead the turning effort
Controls balance on edges to help with turning
Manages pressure relative to speed, terrain and turn size
Times movements for a round turn and effective linked turns

Comments:

Additional Activities:

FREERIDE run.(≥30 Degrees slope off piste)
SLOPESTYLE run.(Snowpark, mixture of features)
BOARDERCROSS run.(Boardercross track)

Comments:

**All Mountain Riding
Piste Performance:**

Short radius turns using a good blend of the steering elements to produce rounded grippy turns.
Each descent should be rhythmic, flowing with good control of speed.
Clearly carved long and medium sized turns, switch and normal with appropriate range and rate of movement. The Ability to influence the turn shape and size. Appropriate blend of cross over and cross under turns dependent on gradient of slope. Good posture and balance throughout for the above.

Bumps / Variables / Steep terrain:

Continuous linked rhythmic turns (towards the fall line) matching movements to terrain.
A variety of controlled lines maintaining snow contact whilst descending. Getting air that is deliberate to maintain flow and efficiency can be used and interpreted as skilful control.
Switch rounded turns with traversing showing good absorption of the bumps.
Effective posture and balance with ability to adapt throughout.

Comments:

Core Rider Development:

Straight running using terrain to control speed with the board flat. Sideslip on both heel and toe edge with smooth control of speed. Diagonal sideslip on both heel and toe edge using effective edge control. Grip 'n' slip steering on both heel and toe edge controlling speed and rotation. First turns or entry level turns showing basic edge change. Standard turns using an earlier edge change and good control of speed and line. Good posture and balance throughout

Comments:

Snowboard Result: _____

Resit Details: