

# *Biomechanical and Psychological Considerations*



## **DESCRIPTION**

The content for this Module has been informed by an academic literary review for the CSIA. Based on the review, generalizations can be made about the biomechanical and psychological differences in genders, however, these are not a hard and fast rule for all females or all males. How learners learn depends a lot on how they feel, and how they are “built”, both physically and mentally! As a teacher, learning to recognize these characteristics among your students can be a major game changer in the outcome of a lesson.

This new 10 credit National Module will help you do just that as well as providing you with tips on how to react and adapt your lesson to address the diverse needs of your students! Level 1 Certification is the prerequisite.

## **Learning Objectives**

Participants will explore the Psychological and Biomechanical Considerations that are made in your lessons and offers solutions to teaching to the needs of your individual students.

## **Schedule Day 1**

- **Registration**
  
- **On-Snow (4.5 hrs)**
  - Overview (5 min)
  - Learning Objectives (15 min)
  - Psychological Differences (1 hr)
  - Biomechanical Differences (3 hrs)
  - Group Debrief (10 min)