

# *Terrain Assisted Development Module*



## **DESCRIPTION**

The Terrain Assisted Development Module is a one day program. It is designed for any instructor that has completed the level 1 certification and provides an introduction to the use of terrain as a teaching tool for entry level to intermediate level skiers.

There is no pass/fail evaluation for this module. All participants will earn 10 education credits for completing this module.

## **SCHEDULE**

### **✦ Registration**

### **✦ On snow (5 hrs)**

- **Warmup and assessment of terrain and conditions**
  - Physical and cognitive warm-up with focus on terrain and conditions
  - Share experience of teaching using terrain
  - Risk assessment and safety
  
- **Motor Skill Development using Terrain - entry level and green terrain**
  - Identifying Skiing objectives (mobility, gliding, direction change, speed management)
  - Matching terrain assisted activities with Skiing objectives
  - Terrain assisted activities - entry level
  - Terrain assisted activities - green terrain
  
- **Motor Skill Development using Terrain - intermediate level and blue terrain**
  - Appropriate challenge/managing fear
  - Introducing bumps
  - Managing steeper terrain
  
- **Debrief and summary**