



PARK 1

Course Guide 2023-24

公园一级课程指南2023-24

CANADIAN ASSOCIATION OF SNOWBOARD INSTRUCTORS

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INTRODUCTION 简介

Welcome to the CASI Park Instructor 1 Course!

欢迎来到CASI/公园一级教练课程！

The CASI Park Instructor 1 certification course is open to members with a minimum Level 1 Instructor certification. Candidates on the course will spend time exploring snowboarding technique and teaching methods as they relate to introductory terrain park and freestyle snowboarding.

CASI公园一级教练认证课程对拥有一级及以上教练认证的会员开放。参加者将花时间探索单板滑雪技术及教学方法，因为他们与入门级的地形公园和单板自由式息息相关。

The Park Instructor course is an introductory course, designed to give successful candidates the fundamental skills necessary to introduce students to the Terrain Park and freestyle snowboarding safely. Progression-based teaching methods, understanding of basic freestyle techniques, as well as lesson planning and effective communication skills will be addressed.

公园教练课程是一个入门级课程，旨在让顺利通过考试的考生拥有基本的介绍学生安全的使用地形公园和学习单板自由式的能力。课程将讲授以渐进式为基础的教学方法、对基本自由式技术的理解以及有效的课程计划和沟通技巧。

Candidates will receive coaching on their snowboarding, as well as feedback on their teaching skills, with the goal of reaching the Park Instructor standard in both of these areas. They will also receive suggestions and strategies for long-term development. The successful candidate is certified to take students into freestyle terrain, and teach introductory / basic manoeuvres on beginner terrain park features.

考生将会受到在单板滑雪技术方面的指导，还有教学技巧方面的反馈，以及在这两方面都达到公园教练的标准。他们也会得到如何长期发展方面的建议与策略规划。通过考试的考生将被认证可以带学生进入地形公园，在初学者公园道具上传授入门/基础动作。

Who Should Take This Course?

谁应该来参加此课程？

You should take this course if you are a minimum Level 1 Instructor with a love of freestyle snowboarding. You should have a desire to introduce new students to snowboarding in the park safely and successfully. You should also be confident and comfortable both communicating and demonstrating basic freestyle riding skills in front of a group.

如果你是一名热爱单板自由式的一级教练，你应该来参加此课程。你希望向新学生介绍如何安全和有成效的玩转公园。在一群人面前，无论是交流还是示范基础的自由式技巧，你都应该自信和自如。

Am I Ready?

我准备好了么？

The Park Instructor 1 standards require you to pass both riding and teaching evaluations. In order to help you achieve success on the course,

公园一级教练标准要求你通过滑行和教学评估, 才能达到课程考试标准,

- The best preparation is experience. Spend time working as a snowboard instructor, honing your presentation, demonstration, analysis and class management skills.
- 最好的准备方式是积累经验。花时间通过当教练来打磨演讲, 示范, 分析和课程管理方面的技巧。
- Take a session with a current CASI Park Level 1 Evaluator to get feedback on your riding ability in relation to the technical standard.
- 预定现任CASI公园一级考官的课程, 他们会根据现有技术标准对你的滑行能力给予建议。

Course Duration: 2 days* (minimum of 12 hours, including evaluations)

课程时长: 2天(最少12小时课时), 包括考试部分。

****Attendance and participation in the entire course presentation is mandatory.***

必须出席并参加整个课程

Candidates who are not present for any portion of the training will not be considered eligible to receive an evaluation at the completion of the course.

未参加任意部分培训的学员在课程结束时将不被视为有资格接受评估。

PARK INSTRUCTOR LEVEL 1 INSTRUCTOR – AGENDA

公园一级教练日程安排

DAY ONE 第一天:

8:30 - 9:00 a.m.	Registration & Introductions 登记&介绍
9:00 - 11:30 a.m.	Warm-up 热身
	Park Etiquette & Safety Discussion 讨论公园的规矩&安全事项
	The Core Competencies in Freestyle Snowboarding 单板自由式核心能力
11:30 - 12:30 p.m.	Lunch 午休
12:30 - 3:30 p.m.	Teaching Freestyle Fundamentals (with practice teaching) 自由式基础教学(模拟教学)
3:30 - 4:00 p.m.	Daily Review & Evaluation 每日总结&评估

DAY TWO 第二天:

8:30 - 11:30 a.m.	Warm-Up 热身
	Teaching Freestyle Fundamentals (continued) 自由式基础教学(继续)
11:30 a.m. - 12:30 p.m.	Lunch 午休
12:30 - 3:30 p.m.	Teaching Beyond the Fundamentals: Progression Building 超越基础的教学: 渐进式发展
3:30 - 4:00 p.m.	Course Evaluation & Results 课程评估&公布成绩

**Due to various mountain conditions, times may vary.*

**To ensure that the course runs smoothly students should arrive 10 minutes before the above times.*

**The wearing of helmets is mandatory on all CASI courses.*

**Attendance and participation in all parts of the course is mandatory to receive evaluation results.*

**由于不同的雪场情况, 时间可能会有所不同*

**为确保课程顺利进行, 学生应提前10分钟到达。*

**所有加拿大单板滑雪教练协会(CASI)课程都必须佩戴头盔。*

EVALUATION 评估

Course candidates will be assessed and updated daily on their performance and progress during on-snow and indoor workshops. Results will be given to each candidate at the end of the course. Candidates must pass both the teaching and technical (riding) components of the course to be certified as a Park 1 Instructor.

考生将根据每天雪上及室内培训课程的表现收到评估和更新。课程结束后每名考生都会收到自己的成绩单。考生必须通过课程的教学和技术(滑行)项目才能获得公园一级教练证。

MARKING SYSTEM 评分系统

- Below Standard / Meets Standard
低于标准/达标
- Candidates must achieve “Meets Standard” marks in both Teaching and Technical (Riding) components in order to pass the Park 1 Instructor course.

考生要通过公园一级教练考试课程必须在教学和技术(滑行)项目均获得“达标”。

Retest Evaluations 补考评估

If the candidate is unsuccessful in either the riding or teaching component, they will have two calendar years to take a retest for the portion failed.

如果考生未通过滑行或教学项目中任何一项,可在两个自然年重考未通过项目。

- If it is teaching, the candidate will attend Day 1 of a regularly scheduled Park 1 course.
如果是教学未通过,考生须参加常规公园课程安排中第一天的内容。
- If it is riding, it will be Day 2.
如果是滑行,那就是第二天。
- In a situation where the candidate does not complete the riding and teaching component, he/she will have to take the full course over again.
如果考生均未完成滑行和教学项目,需要重新参加整个考试课程。
- ★ If the candidate does not take a retest within the time limit stated above, then they will have to take the full course over again, but will only be required to retest the portion remaining.

如果考生未能在上述规定时间内进行补考,则需在重新参加整个完整的考试课程,但只要求就未通过的部分进行考试。

ASSESSMENT CRITERIA 评估标准

TEACHING ASSESSMENT 教学评估	
<p>Teaches fundamental freestyle/terrain park skills in accordance with CASI technique and methodology. 根据CASI的技术和方法理论针对基础自由式/地形公园进行教学</p>	<ul style="list-style-type: none"> Chooses terrain that is both suitable and safe for beginner and novice freestyle students.选择适合及安全的地形, 对初学者和自由式新手学员进行教学。 Communicates effectively (provides clear explanations) in a coherent and positive manner.以合乎逻辑和积极的方式进行有效沟通(讲解清晰) Effective use of demonstrations.有效的示范 Confidence inspiring and technically correct execution of demonstrations.示范时候自信的展示出多样化和技术上的执行力。 Recognizes causes of difficulty in student trials.识别学生练习动作时的难点。 Provides positive, relevant feedback to students to achieve basic riding outcomes. 给学生正面及关联性强的反馈, 帮助学员掌握基础滑行能力。 Demonstrates effective lesson organisational skills (lesson structure).展现有效的课程组织技巧(课程结构)。 Creates a positive, safe, and student-centred learning environment.创建积极, 安全, 以学生为中心的学习环境。
TECHNICAL (RIDING) ASSESSMENT 技术(滑行)评估	
<p>Demonstrates effective basic freestyle riding skills. 有效的示范基础自由式滑行技巧</p>	<ul style="list-style-type: none"> Rides consistently at appropriate and safe speeds on beginner terrain park features (small) and in freestyle terrain.考生可以在初学者公园的道具(小号)和自由式地形下以适合和安全速度滑行。 Maintains a relaxed, balanced and athletic position over the snowboard.在板子上保持一个放松, 平衡的和运动的姿态。 Adjusts duration and sequence of movements as required to achieve desired outcomes.根据需要调整动作的持续时间和顺序, 以达到预期效果。

<p>Features sizes and expectations 道具的大小和预期</p>	<ul style="list-style-type: none"> Shows some basic ability to adjust technique as snow conditions or terrain features change, with safety in mind. 展示出基本的通过调整所用技术来安全的应对雪况改变或者道具地形改变。 Can consistently demonstrate the following mandatory manoeuvres: 可以稳定的展示出以下必要动作： <ul style="list-style-type: none"> Effective demonstration of an Ollie with a solid two-feet landing. 有效的示范Ollie(板尾施压, 板头先离开雪面, 起跳后双脚落地)扎实稳定的双脚落地。 Consolidated ability to adapt the Neutral Position in order to demonstrate basic flatland tricks: nose/tail press with variation (ollie into press, nose/tail presses with rotations up to 180 degrees). 巩固能力去适应居中站姿, 以展示基本的平花技巧: 不同变化的压板头/压板尾(Ollie进入压板, 压板头/压板尾中转动180度) Effective demonstration of Pop (Straight Air with variation) on a small (S) terrain park jump. Absorbs pressures on landings using flexion of the lower extremities. 有效的在小号(S)地形公园跳台展示Pop(不同变化的直飞)。利用下肢弯曲来吸收落地时的压力。 Efficiently initiates, controls and lands rotations. Can complete 180-degree rotations in both front and backside directions on a small (S) terrain park jump and ride out in the new direction. 转体时有效率的启动, 控制, 落地。能够在地形公园中的小号(S)跳台完成外转(frontside)和内转(backside)180度转体并以反脚滑离。 Can demonstrate balance, and create a flat base on box/rail features to demonstrate a 50-50 with variation (shifty, rotation, nose or tail press) on a small (S) rail or box feature. 可以在小号(S)的Box(箱子)或者Rail(杆子)展示出平衡感, 通过平板展示出50-50(平板直上道具)且不同变化的动作
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	<p>(Shifty(上道具后反拧90度)。Rotation(转体)Nose or Tail press(压板头或板尾)。</p> <p>→ Airs and rotations: Candidates must be comfortable on Small (S) step-over or table top jumps up to approximately 2 to 3 metres or 6 to 9 feet range length from the lip of the jump to the knuckle of the landing. 空中技巧和转体:考生必须可以舒适的完成在小号(S)2-3米或6-9尺的Step-over(跨越式:有落差)跳台或者Table top(平面式:无落差)跳台从Lip(台沿)到Landing(落地区域)的动作。</p> <p>→ Boxes and rails: Candidates can 50-50 a ride on box and/or a ride on rail with a length of 3-5 metres. Box(箱子)和Rails(杆子):考生可以在3-5米长度的Box和/或者Rail上完成50-50(平板直上道具)。</p> <p>★ Entry level features (Small) in the park are mainly used during the course. However, at times, candidates can expect to also ride other sizes and park features types according to their actual sizing and construction. For example :</p> <p>★ 上课时将主要使用入门级别的道具(小号)。同时,一些时候,考生也要准备好使用其他大小和不同类型的公园道具,取决于场地实时的构造。</p> <ul style="list-style-type: none"> ○ Ride on Medium box/rail or Medium jumps that could be rated Small somewhere else. 有些场地的ride on(直接滑上去的)中号Box(箱子)/Rail(杆子)或者中号跳台可以评估为小号。 ○ Pop on a Small box/rail (if no ride on is available) Pop的方式上小号Box(箱子)/Rail(杆子)(如果没有办法ride on.)
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MARKING SYSTEM → TEACHING SKILLS

评分系统→教学技巧

TEACHING SKILLS 教学技巧	Meets Standard (Pass) 达标(通过)	Below Standard (Incomplete) 低于标准(未通过)
Guest Service & Safety 客服&安全	<ul style="list-style-type: none"> → Terrain is generally safe and suitable to this level of student or lesson topic. 总体来说地形对于这个水平的学员或教学主题是安全和合适的。 → Lesson is generally presented in a positive and student-centred manner. 教学总体来说是正面以及以学生为中心的。 → The learning environment is safe and secure. 总的来说学习环境是安全和可靠的。 	<ul style="list-style-type: none"> → Chooses terrain that is either not safe, or unsuitable for this level of student or lesson topic. 所选择的地形或者不够安全, 或者对于这个水平或教学主题不适用。 → Lesson is not presented in a positive, student-centred manner. 课程没有以正面, 以学生为中心的方式所呈现。 → Safety is not a priority during the lesson, or students are not kept in a safe environment. 没有把安全作为课程的首要重点考虑, 或者未能让学员处于安全的环境之中。
Communication & Lesson Structure 沟通&课程结构	<ul style="list-style-type: none"> → Effectively communicates (explanations are generally clear), and use a What, Why, How format. 有效的沟通(总体上讲解清晰), 并通过内容, 目的, 方法的格式讲解。 → The lesson follows a clear building-block structure. 教学遵循清晰的积木式结构。 	<ul style="list-style-type: none"> → Does not effectively communicate (explanations are not clearly understood). 未能有效沟通(讲解不够清晰易懂) → The lesson is not presented in an effective building block or progression-based format. 教学未能以有效渐进步骤的形式呈现。
Demonstrations 动作示范	<ul style="list-style-type: none"> → Effective use of technical demonstrations. 有效的使用技术示范。 → Confidence inspiring and technically correct execution of demonstrations. 示范的时候展示出自信的多样化和技术上的执行力。 	<ul style="list-style-type: none"> → Technical demonstrations are not used effectively. 未能有效的使用技术示范。 → Demonstrations are not confidence inspiring and the execution is technically incorrect. 未能自信的展示出动作多样化和技术动作执行错误。

Analysis & Improvement 分析&改善	<p>→ Feedback consistently identifies the areas to be improved in relation to the lesson goal, communicated in a clear manner.</p> <p>能够结合教学目标稳定的支出需要改进之处, 并表述清晰。</p> <p>→ Feedback is generally delivered in a positive manner and includes reference to why the chosen improvement is important to the lesson goal or theme.</p> <p>反馈的方式总体上较为正面, 并能结合教学目标或主题, 传达之所倚采用所选改善方案的重要性。</p>	<p>→ Feedback does not identify relevant areas for improvement, and lacks an individual focus.</p> <p>反馈未能指出所要改进方面的相关性, 并缺少因人而异的关注点。</p> <p>→ Feedback is not positive and/or relevant to student trial.</p> <p>反馈不够正面且/或与学生的尝试无关。</p>
Technical Content 技术内容	<p>→ Technical concepts are presented correctly and in a complete manner in relation to CASI methodology.</p> <p>技术概念表达正确, 在CASI教学方法方面表达完整。</p>	<p>→ Technical concepts are presented incorrectly or in an incomplete manner in relation to CASI methodology.</p> <p>技术概念表述不正确, 在CASI教学方法方面表达不完整。</p>

MARKING SYSTEM → RIDING COMPETENCIES

评分系统 → 滑行能力

RIDING COMPETENCIES 滑行能力	Meets Standard (Pass) 达到标准(通过)	Below Standard (Incomplete) 低于标准(未通过)
Centred & Mobile Position 居中&灵活的站姿	<ul style="list-style-type: none"> → Demonstrates the ability to centre weight equally over both feet in most situations, in appropriate park/freestyle terrain. 在大部分的情况, 适合的公园/自由式地形下, 有能力示范如何将身体的重量平均分布在双脚的能力。 → Maintains rotational alignment (shoulders, hips, knees, feet) consistently in terrain, conditions and features relative to the Park 1 standard. 能够在与公园一级相关的地形, 雪况中稳定保持转体轴上的对齐姿态(肩部, 髋部, 膝部, 踝部) → Consistently demonstrates uniform flexion across joints (hips, knees, ankles) in terrain, conditions and features relative to the Park 1 standard. 能够在与公园一级相关的地形, 雪况中稳定示范关节的弯曲(髋部, 膝部, 踝部)。 → Maintains downhill momentum while demonstrating air with rotations. 在示范空中转体过程中保持向山下方向的动能。 	<ul style="list-style-type: none"> → Does not demonstrate ability to centre weight equally over both feet in appropriate park/freestyle terrain. 在大部分的情况, 适合的公园/自由式地形下, 未能示范如何将身体的重量平均分布在双脚的能力。 → Is unable to maintain rotational alignment (shoulders, hips, knees, feet) terrain, conditions and features relative to the Park 1 standard. 未能够在与公园一级相关的地形, 雪况中稳定保持转体轴上的对齐姿态(肩部, 髋部, 膝部, 踝部) → Is not able to demonstrate uniform flexion across joints (hips, knees, ankles), or clearly shows excessive flexion in one part of the body in terrain, conditions and features relative to the Park 1 standard. → 未能够在与公园一级相关的地形, 雪况中稳定示范关节的弯曲(髋部, 膝部, 踝部)。 → Does not maintain downhill momentum while demonstrating air with rotations. 在示范空中转体过程中未能保持向山下方向的动能。

<p>Turning With The Lower Body 下半身带动转弯</p>	<ul style="list-style-type: none"> → Effectively initiate rotation in the snowboard consistently. 持续并有效的启动滑雪板旋转。 → Uses turn shape to assist in trick execution. 使用转弯形状帮助完成动作技巧。 → Consistently demonstrates air-180's in both frontside and backside directions. 持续稳定展示出外转与内转180度转体。 	<ul style="list-style-type: none"> → Does not effectively initiate rotation in the snowboard. 未能持续并有效的启动滑雪板旋转。 → Does not use turn shape to assist in trick execution. 未能使用转弯形状帮助完成动作技巧。 → Unable to demonstrate air-180's in both frontside and backside directions. 未能持续稳定展示出外转与内转180度转体。
<p>Balance Along the Working Edge 在使用的板刃上平衡</p>	<ul style="list-style-type: none"> → Consistently uses inclination (leaning) and angulation (bending) as a means of creating grip at take-offs and landings. 能够持续稳定的利用倾斜(倾倒)和折叠(弯曲)来帮助在起跳和落地时产生抓地力。 → Edge grip is consolidated and consistently used. 能够展示稳固的抓地力和稳定的使用。 → Shows consolidation in the ability to maintain the COM over the edge in varied small park features and freestyle manoeuvres. 能够稳固的展示出在不同的公园小号道具和做自由式动作时重心保持在正确刃的一侧。 → Can use inclination and angulation to vary edge angle relative to the feature or manoeuvre. 能够通过倾斜与折叠来把控在相关道具和动作上刃的角度。 → Manages to stop rotations on landing through use of edging. 能够利用刃来把控落地时停止旋转。 	<ul style="list-style-type: none"> → Does not use inclination (leaning) and/or angulation (bending) as a means of creating grip at take-offs and landings. 未能够持续稳定的利用倾斜(倾倒)和折叠(弯曲)来帮助在起跳和落地时产生抓地力。 → Edge grip is not consolidated or consistently used. 未能够展示稳固的抓地力和稳定的使用。 → Does not show consolidation in the ability to consistently maintain the COM over the edge in varied small park features and freestyle manoeuvres. 未能够稳固的展示出在不同的公园小号道具和做自由式动作时重心保持在正确刃的一侧。 → Can't use inclination and angulation to vary edge angle relative to the feature or manoeuvre. 未能够通过倾斜与折叠来把控在相关道具和动作上刃的角度。 → Does not manage to stop rotations on landing through use of edging. 未能够利用刃来把控落地时停止旋转。

WORKSHOP课程培训:

THE CORE COMPETENCIES IN FREESTYLE SNOWBOARDING

自由式单板的核心能力

1. Describe the specific outcomes that snowboarders are attempting to achieve with each of the following Core Competencies, in a Freestyle or Terrain Park setting. Also, identify some common faults that you may see in relation to each...

描述在自由式或地形公园滑行中, 单板滑雪者可以试图通过以下各项核心能力实现的具体成果。此外, 指出一些与此核心能力相关的一些常见错误...

Centred & Mobile Position:居中&灵活的站姿:

Common Faults: 常见错误:

Turning With The Lower Body:下半身带动转弯:

Common Faults: 常见错误:

Balance Along the Working Edge:在使用的刃上平衡:

Common Faults: 常见错误:

2. How can the Core Competencies be used in assessing a student's riding skills before moving into Freestyle or the Terrain Park?

在进入自由式或地形公园之前如何通过使用核心能力评估学生的滑行能力？

WORKSHOP课程培训:

PROGRESSION BUILDING

渐进式发展

1. Briefly outline a 3 to 4 step progression for each of the following goals:

简要概述出以下每个目标3到4个步骤：

RIDING A RAIL FOR THE FIRST TIME

第一次尝试上Rail(杆子)

LEARNING A 180

学习180转体

GETTING YOUR FIRST GRAB

完成第一次抓板

LEARNING A BOARDSLIDE

学习 **Boardslide** (横毗: 板子与道具成**90度**)

TECHNICAL PRESENTATION 技术展示:

THE CORE COMPETENCIES IN FREESTYLE SNOWBOARDING

单板自由式的核心能力

→ The goal of this session is to review the *Core Competencies* (from the Level 1 and 2 Instructor courses) and to apply these in basic freestyle snowboarding techniques. Students will have the opportunity to demonstrate some of the mandatory manoeuvres.

本课程的目标是回顾核心能力, (来自1级和2级的教练课程) 并将其融入基本的自由式单板技术。学生将有机会展示一些必考动作。

→ At the completion of this session, candidates should:

本课程完成后, 考生将:

- Understand safety aspects of teaching novice students in the terrain park.
了解在地形公园教授新手的安全事宜。
- Be familiar with the Core Competencies, and their role in freestyle snowboarding.
熟悉核心能力及其在单板自由式中的作用。
- Understand how to use the Core Competencies to assess students' skill level for safe introduction to freestyle skills.
了解如何使用核心能力评估学生的技能水平, 以便安全的介绍自由式技巧。
- Have an understanding of the riding standard for the Park 1 Instructor course.
了解公园1级教练的滑行标准。

1. TERRAIN PARK SAFETY & ETIQUETTE

地形公园的安全& 规矩

Discussion Points 讨论要点:

- The Alpine Responsibility Code (review)
高山行为准则 (回顾)
- "Smart Style" Freestyle Terrain classification (orange oval: S,M,L)
"Smart 模式"自由式地形分类 (橙色标识: 小, 中, 大号)
- The use of spotters on jumps and hand signals
在跳台练习中使用观察员和手势标语。
- ("O" for jump open, "X" for jump not open)
("O"代表跳台可以跳, "X"代表跳台不能跳)
- How to move safely through park terrain.
如何安全的滑过地形公园。
- Warm-up / park familiarity runs
热身/第一趟熟悉公园
- Using "stop zones" to stop safely out of the flow of traffic; avoiding "spill zones" below jumps

	<p>利用“Stop zones (停靠区域)”安全的在人流外停靠; 避免停在跳台下方的“spill zones (跌落区域)”</p> <p>→ Calling drop-ins and merging.</p> <p>出发时或并道时喊出drop-ins (出发了)</p>
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COMPETENCY 能力:	CANDIDATES SHOULD DEMONSTRATE 考生应展示	TACTICS 练习
CENTRED & MOBILE POSITION 居中&灵活的站姿	<p>Goals 目标:</p> <ul style="list-style-type: none"> Neutral, centred and ready position. 不偏不倚的, 居中和准备就绪的站姿 Mobility, comfort, and strength in various positions (centred, fore/aft, tall/short, etc). 站姿里的灵活度, 舒适度, 和力量(居中, 板头/板尾, 高/低, 等等) Limit twisted or bent postures to identify limits of movement within a greater range. 限制姿势的扭转或弯曲, 以确保身体可以限制更大范围内的动作。 	<p>Switch Riding 反脚滑行</p> <ul style="list-style-type: none"> In varied terrain to challenge balance and maintenance of a neutral, centred and ready position. 在不同地形下, 挑战平衡能力和维持一个不偏不倚的, 居中和准备就绪的站姿。 <p>Intro to Airst 介绍滞空</p> <ul style="list-style-type: none"> Explore “centred” body position in basic airts (various planes of balance). 探索基本滞空中“居中”的身体姿势(各种平衡平面) <p>Intro to Presses 介绍Presses (压板)</p> <ul style="list-style-type: none"> Butter Yoga Shift BOS over one foot at a time (with a focus on returning to centre). Butter Yoga (“瑜伽式”粘转) 移动BOS (板地址成立) 到一只脚下 (重点是要再回到板子中心位置)

<p>TURNING WITH THE LOWER BODY 下半身带动转弯</p>	<p>The role of the hips, knees and feet in rotations. 髋部, 膝部, 踝部在转体中的作用。</p> <p>Goals目标:</p> <ul style="list-style-type: none"> Efficient direction control towards targets or features in the fall-line 对滚落线上的目标或道具进行有效的方向控制。 Efficient control of speed : 有效的速度控制 <ul style="list-style-type: none"> Proper speed checks 正确的speed check(速度检查) Counter-rotation/ lower body rotation 上下半身反拧/下半身转体 Balance in general in rotations 一般情况下转体的平衡。 <p>★ Use of lower body steering will allow for rotational separation required for spins and more complex manoeuvres. 通过下半身带转来完成旋转和更复杂的动作所需要的转体时的分离。</p>	<p>Introduce 介绍</p> <ul style="list-style-type: none"> Try some speed-checks on easy terrain 在简单地形尝试做一些 Speed-Checks(测速练习) <p>Add challenge 加入挑战</p> <ul style="list-style-type: none"> Perform manoeuvres in between speed-checks : ollies, hops, etc. 在Speed-check(测速练习)中加入动作: Ollies, Hops(双脚起跳), 等等 Speed-check in specific spots : not in straight line, close together, etc. 在特定区域, 非直线滑行时, 动作与动作间距较短, 等等情况下做出Speed-check。 <p>Fine-tuned direction control in the fall-line and speed judgement : 在滚落线上的微调方向和速度判断:</p> <ul style="list-style-type: none"> Speed-checks outside of the park : set up a follow-the-leader challenge or obstacle course 在公园外做speed-check: 发起跟随领导者的挑战或者布置带障碍的课程。 <p>Exploratory TACTICS 探索练习</p> <ul style="list-style-type: none"> Butter Pretzels Butterpretzels(粘转时加入反拧) Butter Slash Butter slash(粘转时喷溅雪) Revert slashes or carves
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		<p>Revert slash or carves (“倒滑”时 喷溅雪或“倒着”刻滑)</p> <ul style="list-style-type: none"> • Cat track 180's 连接道做180
<p>BALANCE ALONG THE WORKING EDGE 在使用的刃上平衡</p>	<p>Goals目标:</p> <ul style="list-style-type: none"> • Use of edge grip to achieve control in freestyle manoeuvres. 通过板刃抓地力达到自由式动作的控制力。 • Balance inclination with angulation. 通过倾斜与折叠平衡。 • Use of knees and ankles to create a “platform”. 利用膝关节与踝关节创造一个“platform”(稳定的板底支撑) • Riders should equally blend inclination and angulation to pop or jump when desired. 滑雪者能在需要的时候能够将倾斜与折叠均匀的混合一起进行Pop或者起跳。 <p>★ More edge does not equal more grip! Use of a flatter board (“just enough edge”) for a stronger platform (COM over BOS). 更多的用刃不等于更多的抓地力! 利用平板的, (“适当的用刃”)会有更强的Platform(重心在板底支撑的正上方)</p>	<p>Carving 刻滑</p> <ul style="list-style-type: none"> • Discuss travelling straight with control. (Use of slight edging to create open arcs). 讨论有控制下的直接滑行。(利用一点点刃来创造开放弧线) <p>Flat base 平板</p> <ul style="list-style-type: none"> • Discuss gaining or maintaining speed. 讨论加速和保持速度。 <p>Strong platform 更好的Platform。</p> <ul style="list-style-type: none"> • Discuss lower leg tension/strength (ankles) advantages. 讨论利用下肢的张力/力量(脚踝)的好处。 <p>Exploratory TACTICS 探索练习</p> <ul style="list-style-type: none"> • Sidecut turns 利用板子有效刃转弯 • Flat-base riding; through turns or in challenging locations. 利用平板滑行;在转弯过程中或更有挑战的位置。 • Hops between turns, within turns, and at edge changes. 在弯与弯中起跳, 转弯过程中, 和换刃时候。

TECHNICAL PRESENTATION 技术演示

THE FREESTYLE FUNDAMENTALS

自由式的基础

The goal of this session is to introduce instructors to the fundamental movements and skills for freestyle/park snowboarding.

本课程的目标是向教练介绍单板自由式/公园的基本动作和技巧。

At the end of this session, candidates should...

在课程结束时, 考生需要...

- Understand the fundamental skills and movements for introducing snowboarders to freestyle/park snowboarding.
了解如何向滑雪者介绍单板自由式/公园的基本技巧和动作。
- Be familiar with structuring a lesson in a Building Block format to introduce these skills.
熟悉以积木式模式构建课程介绍这些技巧。

FUNDAMENTALS 基础	KEY POINTS 重点	SUGGESTED PROGRESSION 建议过程
APPROACH AND TAKE-OFF Approach (接近跳台; 滑向跳台) 和起跳	<ul style="list-style-type: none"> → Establishing a flat base. 建立平板底 → Body position (to maintain flat base). 身体站姿 (来保持平板底) → Speed Checks 测速 	<ol style="list-style-type: none"> 1. Comfortably riding past all features at appropriate speeds (using speed-checks and turns in appropriate spots). 能够利用适合的速度舒适的滑过所有道具 (通过在适合的地点做测速或转弯) 2. Practice judging where to drop-in from (i.e.: a little bit higher in elevation than top of the lip). 练习判断drop-in的地点 (即: 比出跳台点 (lip) 高一点点的位置) 3. Practice stopping between features safely and merging back in safely. 练习在道具之间安全停靠和安全返回并入。 <p>★ <i>All of the above should first be done 'beside' features/active lanes before moving into active lanes and on features.</i></p>

		<p>以上这些第一次尝试时应该在道具/正被使用的线路“边上”，之后可在道具和正被使用的线路上尝试。</p> <p>★ <i>Focus on appropriate body position throughout.</i></p> <p>★ 始终关注通过适当的身体站姿。</p>
<p>BUTTERS AND FLATLAND TRICKS</p> <p>Butter(粘转) 和平花技巧</p>	<p>→ Adjusting the neutral position to achieve a flatland trick (shifting BOS over one foot at a time).</p> <p>通过调整居中站姿来完成平花技巧。(每次将BOS(板底支撑力)放在一只脚下)</p>	<ol style="list-style-type: none"> 1. “Butter Yoga” (stationary butters) “粘转瑜伽”(原地不动粘转) 2. Nose/tail presses 压板头/板尾 3. Rotations 转体 4. Ollie or hop in to press Ollie或双脚起跳去压板。 5. Sideways presses (boardslides on snow at 90 degrees) 横向压板(板子横贯雪道成90度滑动) 6. Create variation! 创造变化 !

<p>JUMPING / GETTING AIR 起跳/获得滞空</p>	<p>→ Coast Coast(沿着跳台出, 不主动起跳)</p> <p>★ <i>This requires a physical effort to resist transition forces (no change in leg length) at take-off.</i></p> <p>这个需要在出跳台时靠身体对抗过度力。(腿的折叠不变)</p> <p>→ Pop Pop(双腿主动发力起跳)</p> <p>★ <i>Timing is a key skill – to gradually push the board into the entire take-off and ensure the duration of the extension is efficient.</i></p> <p>时机是关键-逐步在跳台台子上伸展双腿推板子并在此期间确保有效的伸展。</p> <p>→ Ollie Ollie(板尾施压, 板头先离开雪面, 起跳后双脚落地)</p> <p>★ <i>Speed and pop should be blended to land in desired transition.</i></p> <p>速度和Pop应该浑然一体的, 在落在理想位置。</p>	<p>1. Coast: Riding off of terrain features Coast: 滑过地形道具。</p> <p>→ The rider gets air through changes in terrain 滑雪者可以通过地形的改变获得滞空。</p> <p>2. Pop: Riders push slightly with both legs throughout the take off (gradually from transition to lip). Rider still gets air mainly from the terrain feature, but controls and adds to (as needed) that with an efficient physical effort.</p> <p>Pop: 在整个起跳过程中, 滑雪者双腿轻轻推动(逐渐从Transition(台底:跳台开始的最低处)到Lip。(跳台边缘:跳台最高处出台位置)滑雪者仍然主要通过地形道具获得滞空, 但通过有效的身体控制(伸展)可以得到更多滞空。</p> <p>→ Static hops 静态起跳</p> <p>→ Hops at slow speed 低速下跳</p> <p>→ Hops over small marks in the snow 跳过雪上较小的标记物</p> <p>→ Hops over simple terrain features 跳过简单的地形道具</p> <p>→ Popping off terrain features 主动起跳跳过地形道具</p> <p>3. Ollie: Riders get air through pressure build and release in the snowboard: Ollie: 滑雪者通过在雪板上产生压力和释放压力获得滞空。</p> <p>→ Static Ollies: Experiment with moving the body vs. moving the board, loading the tail (Timing).</p>
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		<p>静态Ollie: 体验移动身体vs移动板子给板尾蓄力(时机)</p> <p>→ Moving Ollies: Flat base and off edge. 动态下的Ollies: 平板跳Ollie和用刃跳Ollie</p> <p>→ Ollies with terrain features: Small bumps, jumps, etc. Ollies上道具: 小包, 跳台, 等等。</p>
<p>INTRO TO BOXES AND RAILS 介绍Boxes(箱子)和Rails(杆子)</p>	<p>→ Safety and progression to introduce riders to boxes and rails.</p> <p>→ 安全和循序渐进的向滑雪者介绍如何上Box和Rail。</p>	<ol style="list-style-type: none"> 1. Flat-based riding → on flat terrain. *Review approach from above. 平板滑行-在平坦的雪道 *回顾之前讲过的的Approach。 2. Flat-based → on rail-like target *Draw track/box in snow, bamboo poles, etc.) 平板上-像Rail一样的标记物。 *在雪面上画个痕迹/Box, 放竹竿在雪上。 3. Board off → observe board on box *Exploration of frictionless surfaces (need for zero edge angle). 脱板-把板子放在Box上观察 *探索表面的无摩擦状态(需要与box零立刃角度) 4. Hands-on assistance → on a flat, surface-level box. 上手帮扶-在平的, 与雪面一个高度下的Box。 *Instructor assistance at slow speed only if required (not all students will require this). 只有在有需要的情况下, 教练才能以缓慢的方式给予帮助。(并非所有学生都需要) 5. 50-50's → on boxes or beginner rails. 50-50'(直上)-Boxes或者初级Rails。

DAILY NOTES AND FEEDBACK

每日备注和反馈

DAY 1第一天:

POSITIVE ELEMENTS积极要素:

POINTS FOR IMPROVEMENT (& PLAN)改进点(及计划):

DAY 2第二天:

POSITIVE ELEMENTS积极要素:

POINTS FOR IMPROVEMENT (& PLAN)改进点(及计划):

NOTES备注:

[illegible]

NOTES备注:

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WHAT'S NEXT?

下一步是什么？

We would like to thank you sincerely for taking the time to attend the Park Instructor Level 1 course.

在此诚挚感谢你们参加公园一级教练课程。

If you have not completed either component of the Park 1 course...

如果你未完成公园一级课程中的任何一项.....

Candidates who are unsuccessful in *both* the teaching and riding components of the Level 1 course will need to return to re-do the entire course. Please consult the course schedule online to find a date and location. Prior to returning for the full course, please take some time for practice and development. You may consider a session with a current CASI Park 1 Evaluator to receive additional tips and feedback. Check with your local resort's snow school for more information.

未能成功通过一级课程中教学与滑行部分的考生需要重新进行整个课程的学习。请在线查询课程安排表, 查找课程时间和地点。在回来上课之前请多花时间练习提高。你可考虑与现任 CASI 公园一级考官上课来获得额外的建议和反馈。请与当地滑雪场的滑雪学校确认更多细节信息。

If you have completed one component of the Park 1 course...

如果你完成了公园一级课程中的一项...

Candidates who successfully complete *either* of the teaching or the riding components of the Park Instructor Level 1 course are eligible for the retest option. You may return for one day only to re-test the portion of the course that is remaining. You will have two calendar years to take advantage of this option, after which time you will retain your completed component, but will be required to retake the course before retesting the remaining component.

成功通过一级课程中教学或滑行中一项的考生可进行补考。你可选择一天时间来重考课程中未通过的 项目。你可在两年内进行补考, 超过这个时间后你仍可保留通过部分的记录, 但你要再参加整个课程 才能再补考未通过的部分。

Following some time for practice and development, please consult the Course Schedule to schedule your re-test.

在多花时间和练习提高之后, 请查询课程安排表安排补考。

If you've successfully completed the Park Instructor Level 1 Instructor certification...

如果你成功完成了公园一级教练认证.....

Congratulations! On behalf of the Canadian Association of Snowboard Instructors, we would like to congratulate you on your successful completion of the Park Instructor 1 course.

恭喜！代表加拿大单板滑雪教练协会我们要恭喜你成功完成了一级课程。

Now is the time to gain valuable experience – take the new skills you’ve obtained and use them in teaching. Hours spent assisting new park riders will give you new insights and tips. To expand and develop your skills, take advantage of CASI’s improvement programs – rider improvement sessions, and higher levels of certification.

现在你可以得到宝贵的体验-把你获得的新技巧运用到教学当中。通过花时间帮助新的公园滑雪者将给你新的见解和小窍门。想要扩展和发展现有的技能技巧可以使用CASI提升项目-提升课程和更高级别的认证。

So, go ahead, start looking towards the Park 2, Level 2 or 3 Instructor course, or any of our other modules and programs to help you prepare for that next step!

所以, 请继续加油, 公园2级, 2级, 3级教练课程或者其他的培训或者项目都能成为你的下一步!

All the best! 祝好!



Geneviève Pilotto
Program Director
项目总监

www.casi-acms.com

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