



LEVEL 1

2023-24 COURSE GUIDE

2023-24 一级课程指南

CANADIAN ASSOCIATION OF SNOWBOARD INSTRUCTORS

186 Hurontario Street, Suite 201
Collingwood, Ontario
Canada L9Y 4T4

T: (877) 976-2274
E: info@casi-acms.com
W: www.casi-acms.com

TABLE OF CONTENTS 目录

Level 1 Course

| | |
|--|---|
| Introduction 简介 | 3 |
| Course Agenda 课程安排 | 5 |
| Course Agenda - Extended Course 课程安排-夜场版课程 | 6 |
| Evaluation 评估 | 7 |

Study Guides 学习指南

| | |
|--|----|
| CASI Overview CASI 概述 | 15 |
| Introductory Teaching Theory 教学理论介绍 | 15 |
| Guest Service, Safety & Duty of Care 客服, 安全&照看义务 | 16 |
| Teaching Beginner Snowboarders 单板初学者教学 | 17 |
| Teaching Children 儿童教学 | 19 |

Technical Presentation Outlines 技术讲解大纲

| | |
|---|----|
| Core Competencies & Riding Skills 核心能力&滑行技巧 | 20 |
| Teaching Beginner Snowboarders 单板初学者教学 | 22 |

Course Evaluation 课程评估

| | |
|--------------------------------------|----|
| Daily Notes & Feedback 每日备注&反馈 | 24 |
| Notes 备注 | 25 |
| What's Next? 下一步是什么? | 27 |

INTRODUCTION 简介

Welcome to the CASI Level 1 Course!

欢迎来到 CASI 一级课程！

The CASI Level 1 Snowboard Instructor certification course is open to strong intermediate snowboarders, aged 15 years and older. Candidates on the Level 1 Course will spend time exploring snowboarding technique and teaching methods across a variety of venues, both on-snow (up to and including intermediate terrain) and during indoor presentations.

CASI 一级教练认证课程对中高水平的单板滑雪者开放，参加者需要年满 15 周岁以上。一级课程考生将在各种场合下来探索单板滑雪技术及教学方法，既会有雪上课（地形难度不超过中级），也会有室内课。

The CASI Level 1 course is an introductory course, designed to give successful candidates the skills necessary to begin their role as a new instructor in the industry. Beginner teaching methods, understanding of basic snowboard technique, as well as lesson planning, safety and effective communication skills will be addressed.

CASI 一级课程是一个入门级课程，旨在让顺利通过考试的考生拥有作为一名新晋滑雪教练的必要技巧。课程主要内容包括初学者教学方法、基本单板滑雪技术、课程规划、安全、沟通技巧等方面。

Candidates will receive coaching on their snowboarding, as well as feedback on their teaching skills, with the goal of reaching the Level 1 standard in both of these areas. They will also receive suggestions and strategies for long-term development. The successful candidate is certified to teach beginner snowboarders up to the novice level.

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，以在这两方面都达到一级教练的标准。他们也会得到如何长期发展方面的建议与策略规划。通过考试的考生会得到认证证书，有资格教初学单板滑雪者达到新手水平。

The Level 1 certification is a pre-requisite for the CASI Level 2 Instructor certification, as well as the Park Instructor 1 course.

取得 CASI 一级教练认证是参加 CASI 二级教练和公园一级教练认证课程的前提条件。

Who Should Take This Course?

谁应该来参加此课程？

You should take this course if you love to snowboard, and have a desire to introduce new students to snowboarding. You should be confident and comfortable both communicating and demonstrating in front of a group.

如果你喜欢单板滑雪，且希望向新学生介绍单板滑雪，则应该参加本课程。在一群人面前，无论是交流还是示范，你都应该自信、自如。

Am I Ready?

我准备好了吗？

The Level 1 Instructor standards require you to pass both riding and teaching evaluations. In order to help you achieve success on the course, we suggest you take the following steps in preparation, if they are available to you:

需要通过滑行和教学评估，才能达到一级教练的标准。为了帮助大家成功通过考试，我们建议如果有条件的话，进行以下的准备步骤：

- Book a lesson with a current CASI Level 1 Evaluator to get feedback on your riding ability in relation to the technical standard.
- 预订现任一级考官的单板课程，他们会根据现有技术标准对你的滑行能力给予建议。
- Spend time working as an assistant/apprentice instructor, in order to see beginner lessons in action.
- 花些时间作为助理教练/见习教练旁听教学课，以了解真实的初学者教学情况。
-
- Complete the Level 1 course preparation workshops, available in this guide, and online at: www.casi-acms.com
- 完成本指南中的一级考前预习培训内容，并完成 www.casi-acms.com 上的在线内容。

Course Duration: 3 days (minimum of 18 hours), including evaluations.

课程时长：3 天（最少 18 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。

LEVEL 1 INSTRUCTOR - AGENDA

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
- Riding Skills Improvement Session #1 滑行技术提高#1
- 11:30 a.m. - 12:30 p.m. Lunch 午休
- 12:30 - 3:30 p.m. "QuickRide System" Presentation "快速入门滑行系统" 演示
- 3:30 - 4:00 p.m. Daily Review & Evaluation 每日总结&评估

DAY TWO:

- 8:30 - 9:00 a.m. Registration (teaching re-test candidates)报到 (教学补考考生)
- 9:00 - 11:30 a.m. "QuickRide System" Presentation (continued) "快速入门滑行系统" 演示 (继续)
- 11:30 a.m. - 12:30 p.m. Lunch 午休
- 12:30 - 3:30 p.m. "QuickRide System" Presentation (continued) "快速入门滑行系统" 演示
- 3:30 - 4:30 p.m. Workshop Review 研讨回顾
- Daily Review & Evaluation 每日总结&评估

DAY THREE:

- 9:00 - 11:30 a.m. Practice Teaching Session 教学实践练习
- 11:30 a.m. - 12:30 p.m. Lunch 午休
- 12:30 - 2:30 p.m. Riding Skills Improvement Session #2 滑行技术提高#2
- 3:30 p.m. - 4:30 p.m. Presentation of Results 公布考核成绩

ONLINE WORKSHOPS

在线课程内容

To prepare for this course, the online preparation workshop is a mandatory element of the certification. Access the prep workshop via our web site, or check your course confirmation email for directions.

为准备这门课程，在线课程内容是认证的一个强制性要求。通过我们的网站访问考前课程内容，或检查您的电子邮件根据提示进入在线课程内容。

**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 all CASI courses.*

**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。*

LEVEL 1 INSTRUCTOR (EXTENDED COURSE) - AGENDA

一级教练（夜场版课程）-日程安排

SESSION ONE 第一期:

- 4:00 - 4:30 p.m. Registration & Introductions 登记&介绍
- 4:30 - 6:30 p.m. Warm-up 热身
Riding Skills Improvement Session #1 滑行技术提高#1
- 6:30 - 7:00 p.m. Break 休息
- 7:00 - 9:00 p.m. Riding Skills Improvement Session (continued) 滑行技术提高（继续）
“QuickRide System” Presentation “快速入门滑行系统” 演示
- 9:00 - 9:30 p.m. Daily Review & Evaluation 每日总结&评估

SESSION TWO 第二期:

- 4:00 - 6:30 p.m. “QuickRide System” Presentation (continued) “快速入门滑行系统” 演示
（继续）
- 6:30 - 7:00 p.m. Break 休息
- 7:00 - 9:00 p.m. “QuickRide System” Presentation (continued) “快速入门滑行系统” 演示
（继续）
Practice Teaching Session 教学实践练习
- 9:00 - 9:30 p.m. Daily Review & Evaluation 每日总结&评估

SESSION THREE 第三期:

- 4:00 - 6:30 p.m. “QuickRide System” Presentation (continued) “快速入门滑行系统” 演示
（继续）
Practice Teaching Session 教学实践练习
- 6:30 - 7:00 p.m. Break 休息
- 7:00 - 9:00 p.m. Practice Teaching Session (continued) 教学实践练习(继续)
- 9:00 - 9:30 p.m. Daily Review & Evaluation 每日总结&评估

SESSION FOUR 第四期:

- 4:00 - 6:30 p.m. Practice Teaching Session (continued) 教学实践练习(继续)
- 6:30 - 7:00 p.m. Break 休息
- 7:00 - 8:30 p.m. Riding Skills Improvement Session #2 滑行技术提高#2
- 9:00 - 9:30 p.m. Presentation of Results 公布考核成绩

**Due to various mountain conditions, times may vary. *由于不同的雪场情况，时间可能会有所不同。*

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

为确保课程顺利进行，学生应提前 10 分钟到达。

The wearing of helmets is mandatory all CASI courses

**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 Level 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。考生必须同时通过课程的教学和技术（滑行）项目才能获得一级教练认证。

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 Level 1 Instructor course.
考生要通过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

In a situation where the candidate does not complete either of the riding or teaching components, 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 is unsuccessful in either riding or teaching components, they will have two calendar years to take a retest for the portion failed. If it is riding, the candidate will attend Day 1 of a regularly scheduled Level 1 course, and if it is teaching, it will be Day 2. Candidates will be trained and evaluated during those days only.

如果考生未通过滑行或教学项目中的任何一项，可在两个自然年内重考未通过的项目。如果是滑行未能通过，考生需参加常规课程安排中第一天的内容；如果是教学未通过，则需参加第三天的内容。考生只会在这些天参加培训，并再次被评估。

If the candidate does not take a re-test 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，则需再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 COMPONENT ASSESSMENT 教学部分评估 | |
|---|--|
| <i>Teaching Evaluation Criteria:</i> 教学评估标准: Teaches beginner snowboard lessons effectively. 有效的初学者课程教学 | <u>Specific Teaching Outcomes</u> 具体教学成果: Guest Service & Safety: 客服&安全: <ul style="list-style-type: none"> Consistently chooses safe & suitable terrain. |

| | |
|--|--|
| | <p>始终选择适合安全的地形。</p> <ul style="list-style-type: none"> Always works to create a positive & student-centred environment. <p>一直努力创建积极，安全&以学生为中心的学习环境。</p> <ul style="list-style-type: none"> Teaching is safety-focused at all times. <p>教学过程始终保持安全。</p> <p>Communication & Lesson Structure:</p> <p>沟通&课程结构:</p> <ul style="list-style-type: none"> Communicates clearly, in a coherent and positive manner. <p>以清晰的，有条理的和积极的方式沟通。</p> <ul style="list-style-type: none"> Demonstrates effective lesson organizational skills and uses a clear lesson structure. <p>展现有效的课程组织技巧和利用清晰的课程结构。</p> <p>Demonstrations:</p> <p>示范:</p> <ul style="list-style-type: none"> Effective use of demonstrations. <p>有效的利用示范。</p> <ul style="list-style-type: none"> Confidence inspiring and technically correct execution of demonstrations. <p>以激励人的和技术正确的完成示范</p> <p>Analysis & Improvement:</p> <p>分析&反馈</p> <ul style="list-style-type: none"> Recognizes primary causes of student difficulty. <p>识别学生练习动作时的难点。</p> <ul style="list-style-type: none"> Provides positive & relevant feedback to students to achieve basic riding competencies. <p>给学员正面及关联性强的反馈，帮助学员掌握基础滑行能力。</p> |
|--|--|

| | |
|---|--|
| | <p>Technical Content:</p> <p>技术内容</p> <ul style="list-style-type: none"> • Presents basic snowboard lessons in accordance with CASI techniques and methodologies, up to the novice level. <p>根据 CASI 技术和方法，向新手介绍基本的单板滑雪课程。</p> <p>Professionalism:</p> <p>专业度:</p> <ul style="list-style-type: none"> • Displays professional instructor traits. <p>展现专业教练特征。</p> |
| <p>TECHNICAL (RIDING) ASSESSMENT 技术（滑行）评估</p> | |
| <p><i>Riding Evaluation Criteria:</i> <i>滑行评估标准:</i></p> <p>Demonstrates consolidated intermediate-level riding skills in intermediate groomed terrain. 在机压中级地形展示出能够驾驭的中级滑行技巧。</p> | <p>Specific Technical Outcomes 具体技术成果</p> <ul style="list-style-type: none"> • Displays a centred & mobile position in beginner, novice and intermediate terrain: <ul style="list-style-type: none"> 在初级，新手和中级地形上展现出居中&灵活的站姿： <ul style="list-style-type: none"> ○ Weight centred over feet equally 身体重量平均分布在双脚 ○ Maintains rotational alignment 保持旋转轴上的对齐姿态 ○ Uniform flexion in joints 稳定示范关节弯曲 • Uses the lower body to turn the snowboard in beginner, novice and intermediate terrain: <ul style="list-style-type: none"> 在初级，新手和中级地形上利用下半身带动雪板转弯： <ul style="list-style-type: none"> ○ Uses hips and knees to turn the snowboard 利用髋关节和膝关节带动雪板 ○ Uses rotational movements (instead of counter-rotation) 使用同向旋转动作（而不是反拧） |

| | |
|--|---|
| | <ul style="list-style-type: none"> ○ Turns show round shape and symmetry 弯形圆润且对称 ● Shows ability to balance along the working edge in beginner, novice and intermediate terrain: 在初级, 新手和中级地形展现出在使用的板刃上平衡 <ul style="list-style-type: none"> ○ Combines inclination with angulation 综合运用倾斜和折叠 ○ Demonstrates edge grip 展现板刃抓地力 <p>Mandatory Maneuvers 必要动作:</p> <p>Candidates must display consolidation of riding outcomes in each of the following maneuvers 考生必须在以下的每一个动作中展现出扎实的滑行功底:</p> <ol style="list-style-type: none"> 1) Intermediate Sliding Turns - 5-7 M CW 中级水平搓雪转弯-5-7 米 雪道宽度: Medium-radius sliding turns on applicable groomed blue (intermediate) terrain, demonstrating speed control, round turn shape, and control of both pressure and edge application. 在适用的蓝道上进行中等半径的搓雪转弯, 展示速度控制、圆弧形以及压力和板刃的控制。 2) Beginner Turns (forward and switch directions) - 3-5 M CW 初学者转弯 (正脚和反脚方向) -3-5 米 雪道宽度: Demonstration of beginner-level turns at low speeds on groomed, green (beginner) terrain. Turns should be initiated with the lower joints and show minimal edge performance and speed. Demonstration of Core Competency outcomes is required in both forward and switch directions. 在绿道上示范初学者水平的低速转弯。转弯应该从较低的关节处开始, 并表现出最少的板刃使用和速度。核心能力需要在正脚和反脚上体现出来。 3) Open Carved Turns - 3-6 M CW 开放弯形刻滑转弯 3-6 米 雪道宽度: Performed down the fall-line, on a mellow slope (easiest green terrain or cat track), candidates must demonstrate a series of linked open carved turns. They must leave a narrow pencil-line track on-snow (no pivot or skidding), while controlling speed and maintaining a constant rhythm. 在缓和的斜坡 (最简单的绿道或连接道) 上沿着滚落线演示, 考生必须展示出连贯的开放式刻滑转弯。必须在雪道上留下一条窄的铅笔线痕迹 (不能轴转和推雪), 同时控制和保持好节奏。 |
|--|---|

| | |
|--|--|
| | <p>4) Hopping Through Turns - 5-7 M CW 转弯过程中跳跃-5-7 米 雪道宽度: On a green or blue terrain candidates must perform hops through their turns (in the traverses) while linking a series of turns on an intermediate terrain. The ability to maintain an equal weight.在绿道或蓝道地形, 考生必须在转弯(横贯雪道时)过程中跳跃, 同时保持转弯的连贯性。展示出保持体重均衡分配的能力。</p> |
|--|--|

MARKING SYSTEM 评分系统

| 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 | <p>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。</p> <p>Lesson is 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。</p> <p>The learning environment is consistently safe and secure.总的来说学习环境是安全和稳妥的。</p> | <p>Terrain is either not safe, or un-suitable 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</p> <p>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</p> <p>Safety is not a focus of the lesson, or students are not kept in a safe environment.没用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。</p> |
| Communication & Lesson Structure 沟通&课程结构 | <p>Effectively communicates (explanations are generally clear), and use a <i>What, Why, How</i> format.有效沟通(总体上讲解清晰), 并按照内容, 目的, 方法的格式。</p> <p>The lesson follows a clear and logical building-block structure.教学遵循清晰的积木式结构。</p> | <p>Does not effectively communicate (explanations are not clearly understood).未能有效沟通(讲解不够清晰易懂)。</p> <p>The lesson is not presented in an effective or logical building block or progression-based format.教学未能以有效渐进步骤的形式呈现。</p> |
| Demonstrations 动作示范 | <p>Technical skill demonstrations are adapted to skill level of students, and are clear / copyable.技术动作示范符合学生的技术水平, 并比较清晰/易模仿。</p> | <p>Technical demos are not adapted to skill level of students, are unclear or not copyable by students.技术动作示范不符合学生的技术水平, 并且不够清晰。</p> |
| Analysis & Improvement 分析&改善 | <p>Analysis consistently identifies the areas to be improved in relation to the lesson goal, communicated in a clear manner.能够结合教学目标稳定的指出需要改进之处, 并表述清晰。</p> <p>Improvement is consistently delivered in a positive manner (P.T.T.), and includes reference to why the chosen improvement is important to the lesson goal or theme.反馈方式总体上较为正面, 并能结合教学目标或主题, 传达之所以采</p> | <p>Analysis does not identify relevant areas for improvement, and lacks an individual focus.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>Improvement is not positive and/or relevant to student trial.反馈不够正面且/或与学生的动作无关。</p> |

| | | |
|----------------------------------|--|--|
| | 用所选改善方式的重要性。 | |
| Technical Content 技术内容 | The instructor effectively presents the technique-based portion of the lesson (technical concepts are presented correctly and in a complete manner in relation to CASI methodology). 教练有效的呈现了教学中技术相关部分（技术概念表达正确，在CASI教学方法方面表达完整） | The instructor does not effectively present the technique-based portion of the lesson (technical concepts are presented incorrectly or in an incomplete manner in relation to CASI methodology). 教练未能有效呈现教学中技术相关部分（技术概念表述不正确，在CASI教学方法方面表达不完整） |

| RIDING SKILLS 滑行技术 | 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 | <p>Consistently demonstrates the ability to centre weight equally over both feet in most situations, in appropriate terrain. 在合适的地形上，稳定的示范如何将身体重量平均分布在双脚的能力。</p> <p>Maintains rotational alignment (shoulders, hips, knees, feet) consistently in appropriate terrain. 在适合地形上能稳定保持旋转轴上的对齐姿态（肩部，髋部，膝部，踝部）。</p> <p>Consistently demonstrates uniform flexion across joints (hips, knees, ankles) while turning. 能在转弯时稳定示范关节的弯曲（髋部，膝部，踝部）</p> | <p>Does not demonstrate ability to centre weight equally over both feet. 未能展现将身体重量平均分布在双脚的能力</p> <p>Is unable to maintain rotational alignment (shoulders, hips, knees, feet). 未能稳定保持旋转轴上的对齐姿态（肩部，髋部，膝部，踝部）</p> <p>Is not able to demonstrate uniform flexion across joints (hips, knees, ankles), or clearly shows excessive flexion in one part of the body. 未能在转弯时稳定清晰示范关节的弯曲（髋部，膝部，踝部），或示范身体某一部位的过度弯曲。</p> |
| Turning With The Lower Body 下半身带动转弯 | <p>Uses the hips and knees to initiate direction change in the snowboard consistently. 稳定使用髋部和膝部发起雪板转向。</p> <p>Consistently demonstrates use of rotation movements to turn the snowboard (movement progresses from hips to knees and feet). 稳定展现以旋转运动使雪板转向（运动按照从髋部到膝部再到踝部的顺序）。</p> <p>Uses the lower body to create turns that are round and symmetrical most of the time. 大多数时候用下半身做出圆润并对称的转弯。</p> | <p>Does not use the hips and knees to turn the snowboard (uses arm, shoulders, and upper-body or a combination of). 未使用髋部和膝部令雪板转向（而是使用手臂，肩部和上半身或其中部分的组合）。</p> <p>Uses counter-rotation movements to initiate or execute turns. 使用反拧动作发起或完成转弯。</p> <p>Turns do not show a round shape, or are not symmetrical. 弯形不圆，或不对称。</p> |

| | | |
|---|--|---|
| <p>Balance Along The Working Edge 在使用的板刃上平衡</p> | <p>Uses a combination of inclination (leaning) and angulation (bending) to achieve reliable edge grip most of the time.能在多数时候综合运用倾斜站姿（倒向）和折叠站姿（弯曲）获得较为可靠的雪板抓地力</p> <p>Edge grip is apparent in suitable terrain and conditions consistently.在合适的地形和雪况下，板刃抓雪表现明显且稳定。</p> | <p>Uses excessive or limited inclination (leaning) or angulation (bending). Movements are not balanced.倾斜站姿（倒向）或折叠站姿（弯曲）使用过多或不足。运动不平衡。</p> <p>Does not demonstrate reliable edge grip, in relation to Level 1 terrain, on groomed slopes.在一级标准要求下的机压雪道上，未能展现可靠的雪板抓地力。</p> |
| <p>Mandatory Maneuver 必要动作:</p> <p>Intermediate sliding turn 中级搓雪转弯</p> | <p>Shows consolidation in the execution of medium-sized sliding turns, in applicable terrain. 在适合的地形中示范扎实的中型扫雪转弯。</p> <p>Core Competency outcomes are evident most of the time, movements are generally fluid and consistent. Minor occasional technical faults may be apparent.大部分时间核心能力展现明显，动作流畅且稳定。可能偶尔会有小技术问题。</p> | <p>Still acquiring the movements required for the execution of medium-sized sliding turns, in applicable terrain. 在适合的地形中，仍然需要掌握中等水平的滑行转弯所需的动作。</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid or consistent. Major technical faults are apparent.核心能力的演示在大多数时候并不明显，运动通常不是顺畅的或一致的。主要的技术缺陷是明显的。</p> |
| <p>Mandatory Maneuver 必要动作:</p> <p>Beginner Turns (Forward & Switch) 初学者转弯（正脚&反脚）</p> | <p>Shows consolidation in the execution of beginner sliding turns, in applicable terrain, in both directions (forward & switch). 展示在适用的地形，在两个方向上（正脚&反脚）扎实的演示初学者搓雪转弯。</p> <p>Core Competency outcomes are evident most of the time, movements are generally fluid and consistent. Minor occasional technical faults may be apparent in either forward or switch direction.大部分时间核心能力展现明显，动作流畅且稳定。在正脚或反脚时可能偶尔会有小技术问题。</p> | <p>Still acquiring the movements required for the execution of beginner sliding turns, in applicable terrain, in both directions.在适合的地形上，在两个方向上，仍然需要掌握初学者搓雪转弯所需的动作。</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid or consistent. Major technical faults are apparent in one or both directions (forward or switch).核心能力演示的程度在大部分时间不明显，动作通常不够顺畅和一致。在正脚或反脚方向，会出现明显的技术性问题。</p> |
| <p>Mandatory Maneuver: 必要动作:</p> <p>Open Carved Turns 开放弯形刻滑转弯</p> | <p>Shows consolidation in the execution of basic linked open carved turns, in applicable terrain, on both edges. 在适用的地形，扎实的展示出连贯的前后刃开放弯形刻滑转弯</p> <p>Core Competency outcomes are evident most of the time, movements are generally fluid and consistent from one turn to the next. Minor occasional technical faults may be apparent due to changes in slope or snow conditions.大部分时间核心能力展现明显，弯与弯的动作流畅且稳定。在不同的雪道或雪况下可能偶尔会有小技术问题。</p> | <p>Still acquiring the movements required for the execution of basic open carved turns, in applicable terrain, on both edges. 在适合的地形上，仍然需要掌握两侧板刃刻滑横贯雪道的动作。</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid or consistent from one turn to the next. Major technical faults are apparent on one or both edges. 核心能力展现的结果在大部分时间不明显，动作通常不够顺畅和一致。在一侧或两侧的板刃上，会出现明显的技术性问题。</p> |

| | | |
|---|---|--|
| <p>Mandatory Maneuver: <i>必要动作:</i></p> <p>Hopping Through Turns <i>转弯过程中跳跃</i></p> | <p>Shows consolidation in the execution of hopping through the turns in applicable terrain. 在适合的地形扎实的展示出转弯过程中跳跃。</p> <p>Core Competency outcomes are evident most of the time, movements are generally fluid and consistent. Minor occasional technical faults may be apparent due to changes in slope or snow conditions. 大部分时间核心能力展现明显，弯与弯的动作流畅且稳定。在不同的雪道或雪况下可能偶尔会有小技术问题。</p> | <p>Still acquiring the movements required for the execution of hopping through the turns, in applicable terrain. 在适合的地形上，仍然需要掌握转弯过程中加入跳跃的动作技巧。</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid or consistent from one turn to the next. Major technical faults are apparent on one or both edges. 核心能力展现的结果在大部分时间不明显，动作通常不够顺畅和一致。在一侧或两侧的板刃上，会出现明显的技术性问题。</p> |
|---|---|--|

STUDY GUIDE 学习指南:

1.CASI OVERVIEW

CASI 概述

References: CASI Reference Guide (pp. 7, 8)

参考: CASI 参考指南 (PP. 7, 8)

1. In your own words, explain CASI's role in Canada:用你自己的话, 描述一下 CASI 在加拿大的角色:
 2. When was CASI formed?CASI 是什么时候成立的?
 3. Who governs CASI? 谁管理 CASI?
 4. Why does CASI have a code of ethics for its members?为什么 CASI 要为它的成员制定行为准则?
 5. Are you allowed to teach students at a resort if you are not a member of or employed by their snow school?如果你不是雪场滑雪学校的成员或雇员, 你可以在滑雪场教学生吗?
-

2.INTRODUCTORY TEACHING THEORY

教学理论介绍

References: CASI Reference Guide (pp. 15 - 29) & "Introductory Teaching Theory" Video

参考: CASI 参考指南 (PP. 15-29) 及 “教学理论介绍” 视频

1. List five skills and attitudes that will make you a more effective teacher. 请列出能够使教练提高效率的 5 项技巧和态度:
2. List the five Principles of Learning:列出 5 项学习原则:
3. Name the style of learning that is characterized by the following statements. 请写出以下描述所指的学习方式的名称:
 - (a) Learns from mistakes 从错误中学习 _____
 - (b) Over analyses things 过度分析事物 _____
 - (c) Avoids making mistakes 避免犯错 _____

(d) Resists immediate action 拒绝立即行动_____

(e) Only as good as the instructor 想要做的像教练一样好_____

(f) Attempts to do things without help 试着在没有帮助的情况下做事_____

4. Complete the following items in the Training Cycle: 完成以下培训循环中的项目:

Explanation 解释: _____%

Demonstration 示范: _____%

Key Points 重点:

Key Points 重点:

Student Trial 学生尝试: _____%

Feedback 反馈: _____%

Key Points 重点:

Key Points 重点:

5. What is a progression? And why is it an effective way to teach a beginner to snowboard?

渐进教学步骤是什么? 为什么它是教初学者滑单板的有效方式?

3. GUEST SERVICE, SAFETY & DUTY OF CARE

客服, 安全&照看义务

Reference: CASI Reference Guide (pp. 9-14, 36-39)

参考: CASI 参考指南 (PP. 9-14, 36-39)

1. What are some ways to ensure mutual respect between you and your clients?

什么是保证你和客户之间互相尊重的方法?

2. What are the two most important parts of your lesson?

你的课程中最重要两个部分是什么?

3. What are some ways that you can start to build more return clients?

有哪些方法可以让你带来更多的回头客?

4. Describe Duty of Care:

描述照看义务:

5. How do you ensure you are providing an appropriate level of care to your students?

你如何保证对学员提供了适当程度的照看?

6. What should you do in the event of an accident in your lesson?

在教学中发生了事故你需要怎么做?

4. TEACHING BEGINNER SNOWBOARDERS REVIEW

单板初学者教学回顾

Reference: CASI Reference Guide (pp. 63-90) / Online Reference: www.quickride.ca

参考: CASI 参考指南 (PP. 63-90) / 在线参考: www.quickride.ca

1. In your own words, explain the goal for each step of the “QuickRide System”:

用你自己的话来解释一下“快速入门滑行系统”中每一步骤的目标:

Basics 基础:

Sliding 滑动:

Control 控制:

Turning 转弯:

Flow 流畅滑行:

2. What is the S.A.F.E. model, and how is it useful in a beginner lesson?

什么是 S.A.F.E.模式, 为什么适用于初学者课程?

3. How do you know when it's time to continue to the next step in the progression?

你如何知道什么时候是进行教学渐进步骤中下一阶段的时间?

4. What are your primary goals for a beginner snowboard lesson?

你在初学者单板教学中首要的目标是什么?

5. Please review the following chart: 请回顾以下列表

| | GROUP LESSONS 团队课程 | TEACHING CHILDREN 儿童教学 | PRIVATE LESSONS 私人课程 |
|---|--|---|---|
| GUEST SERVICE & SAFETY 客服&安全 | Keep whole group active. 让整个团队都活跃起来 Be very clear with meeting spots. 特别说清集合地点. Choose terrain that keeps group together. 选择能让全团人都能聚拢的地形 MILEAGE & SAFETY 里程数与安全 | Give clear direction. 指示清晰 Identify emergency meeting spot. 说明紧急集合地点 Maintain visual contact at all times (close proximity). 总是保持随时能看见孩子(近距离) Be very aware of other traffic. 特别留意雪道上的其他人员 | More freedom possible/quicker pace. 更多自由选择的可能和教学进度更快 Individualized goals. 量身定制的目标 Lots of guided mileage. 很多的指导下里程数的累积 Give a superior product. 教学质量高 |

| | | | |
|--|---|--|---|
| | | Ensure low intimidation factor. 务必减少恐惧因素 MILEAGE & SAFETY 里程数与安全 | More control = more choices. 更多控制 = 更多选择 MILEAGE & SAFETY 里程数与安全 |
| COMMUNICATION & LESSON STRUCTURE 沟通&学习结构 | Try to accommodate ALL learning styles and abilities. 试着提供所有学习方式和可能 Ensure entire group can hear/see you. 保证全团都能听见/看见你 | Very few / simple explanations. 尽量减少描述/简单描述 Lots of repetition/review. 大量重复/复习 Use "feelings" and analogies. 使用"感觉"和比喻 | Try to identify specific learning style. 试着识别具体的学习方式 Verbal communication can be more personalized. 语言沟通方式可以更加个性化 |
| DEMOS 示范 | Multiple demos to accommodate all group members' abilities. 适合团队所有学员能力的多种动作示范 Arrange group so all can see. 安排好学员保证所有人都能看见 | Demos are very important for this group. 动作示范对于这些学生非常重要 Exaggerate movements. 夸大动作幅度 | Be creative - many options. 发挥创意 - 多选择 Situate student on run to allow for multiple viewing angles (above, side, below). 让学生站在雪道上不同位置来获得多角度看动作示范的机会（从上方，从侧门，从下方） |
| ANALYSIS & IMPROVEMENT 分析&提升 | Don't need to get everyone every time! 不需要每次都给每个人做 Feedback both individual and group specific. 给个人和团队都提供反馈 | LOTS of positive reinforcement 多给正面加强性建议 Will likely need more hands-on correction. 可能需要提供更多的手把手改正 Fun: Like learning a new game 趣味：像玩一个新游戏 | Cater to student needs and personality type. 满足学员的需求和性格类型 Should be very specific to trial, and personalized. 应该要与动作结合的更加具体，并要个性化 |

How might your approach to teaching differ for each of the following types of students? Consider elements such as communication, pace of lesson, assistance, class management and safety.

你的教学方法根据以下不同学生类型可能会有什么不同？需要考虑诸多因素，如交流，教学进度，协助，课堂管理和安全。

a) A private lesson with a fit/athletic adult:

给身体健壮/擅长运动的成年人的私人课程

b) Group lesson with five 7-year old children:

给五个 7 岁小孩儿上的团队课程

c) Group lesson with three teenage skiers:

给三个会双板的青少年上的团队课程

5.TEACHING CHILDREN

儿童教学

Reference: CASI Reference Guide (pp.123-134)

参考: CASI 参考指南 (pp. 123-134)

1. What is the most effective way to introduce yourself to a child, or a group of children?

当你向一个孩子或一群孩子介绍你自己的时候最有效的方式是什么?

2. How can ensure that we engage kids in learning to snowboard?

怎么保证我们在教孩子学习单板时让他们更加投入?

3. Give an example or two of a game or challenge that would be fun for kids:

给出一到两个会让孩子觉得有趣的游戏或挑战方面的例子

Basics 基础:

Sliding 滑动:

Control 控制:

Turning 转弯:

Flow 流畅滑行:

4. What are some safety considerations when taking children on lifts?

带孩子上缆车时需要考虑的安全事宜有什么?

5. What are some things you can do to make your lesson safe at all times?

你可以做些什么事情让教学在任何时候都保证安全?

6. What are some considerations to remember when speaking with the child's parents?

与孩子的父母交谈时需要记得考虑到的一些要点都有什么?

TECHNICAL PRESENTATION 技术展示:

CORE COMPETENCIES & RIDING SKILLS**核心能力&滑行技巧****GOAL 目标**

By the end of the session, you will be introduced to the three *Core Competencies* as well as some of the five *Riding Skills*, and explore how these affect your riding and that of your students.

本节内容结束后你会了解三种基本核心能力与五种滑行技巧，并探索这些会如何影响你的滑行以及学生的滑行。

OUTCOMES 结果

By the completion of this session, you will have been exposed to the following points:

本节结束后，你将了解到以下几点：

- Personal riding skill development, through individual feedback in relation to the Level 1 riding standard.
个人滑行技巧提高，通过根据一级滑行标准相关的个人反馈
- General understanding of the Core Competencies and the Skills Concept (the five Riding Skills).
对于核心能力和技能概念的总体理解（五项滑行技巧）
- A general understanding of how some of the five Riding Skills and related movements affect the three Core Competencies.
- 对于五项滑行技巧及相关运动如何影响三项核心能力的总体理解

** Please refer to the CASI Reference Guide (chapter 4 – Skills Concept) for an overview the Skills Concept and Core Competencies.*

请参照 CASI 参考指南（第四章-技能概念）来概览技能概念及核心能力内容

| COMPETENCY / OUTCOME 能力/结果 ("WHAT"内容) | GOAL 目标 ("WHY"目的) | SKILL / MOVEMENT 技能/动作 ("HOW"方法) | TACTIC / DRILL / EXERCISE 策略/训练/练习 |
|--|---|--|---|
| Centred & Mobile Position 居中&灵活的站姿 | POSITION & BALANCE 站姿和平衡 | | |
| | Find the ideal position. 做出理想站姿 | Even flexion of joints. 关节均匀弯曲 | <i>Riding Fore, Aft & Centred</i> 用靠前，靠后和居中站姿滑行 |
| | Development of equal weight distribution.完善均衡体重分部 | Even flexion of joints. Mobility in lower joints.关节均匀弯曲。下肢关节灵活 | <i>Hopping (through traverse)</i> .双脚跳（横贯雪道时） |
| | Enhance balance. 提高平衡 | Experiment with unfamiliar movements.以不娴熟的动作做尝试 | <i>Switch Riding (green terrain)</i> .反脚滑行（绿道） |
| | PIVOT 轴转 | | |

| | | | |
|--|--|---|--|
| Turning With The Lower Body 下半身带动转弯 | Maintain rotational alignment (to allow lower joints to turn).同向旋转运动时保持身体部位的对齐（让下半身关节去转） | Start with COM; shoulders maintain alignment.从重心开始；肩膀保持对齐 | <i>"Switching Hands" Exercise</i> “换手”练习 |
| | Develop pivot movements.发展旋转动作 | Hips, knees and ankles initiate.以髋部，膝部和踝部启动 | <i>Garland Exercise</i> 阶梯状转弯练习 |
| | Develop lower body turning skills.完善通过下半身转弯技能 | Rotational movements in knees and feet.膝部和踝部的旋转运动 | <i>Pickle Jar (lower body rotation)</i> 泡菜坛（下半身转弯） |
| Balance Along The Working Edge 在使用的板刃上平衡 | EDGING & PRESSURE 用刃&压力 | | |
| | Develop use of lower joints in edging.通过使用下半身关节用刃。 | Flexion of hips, knees, ankles.髋部，膝部，踝部屈曲 | <i>Static Edging Exercise</i> 静态立刃练习 |
| | Enhance balance on edge.提高用刃的平衡 | Use of ankles to create edge platform.通过使用踝部来创建立刃平台 | <i>"Stop-n-Hops"</i> 停和跳 |
| | Use of sidecut for turn shape vs. pivot. Introduce inclination.通过靠边刃和轴转转弯进行比较。引入倾斜站姿。 | "Tip" into turn, and allow sidecut to create direction change."踮脚"转弯，令雪板侧切发挥作用转向。 | <i>Carved Traverses / Sidecut Turns</i> 刻滑横贯雪道/有效刃转弯 |

TECHNICAL PRESENTATION 技术展示:

TEACHING BEGINNER SNOWBOARDERS**单板初学者教学**Reference: CASI Reference Guide (pp. 63-89) / Online Reference: www.quickride.ca参考: CASI 参考指南 (PP. 63-89) / 在线参考: www.quickride.ca**THE S.A.F.E. CONCEPT S.A.F.E 概念**

When presenting new manoeuvres or movements, the S.A.F.E. approach will provide a progression for effective presentation. The S.A.F.E. acronym stands for:

当讲解新的招式或动作时, S.A.F.E.方法将为讲解提供一个有效的渐进学习过程。S.A.F.E 这个缩写词代表:

| Static 静态 | Active 动态 | Free 自由练习 | Experimentation 实验 |
|--|--|--|--|
| When introducing a new movement, have students visualize / feel the sequence of movements on flat ground. 当介绍一个新的运动时, 让学生想象/感受在平地上的一些列动作。 | Students learn by doing – give a tactic or manoeuvre to try. During the initial trials, pay close attention to the terrain and situation to help ensure success. 学生在实践中学习 – 让学生尝试新的策略或招式。在刚开始尝试阶段, 密切关注地形和雪道状况以确保教学的成功。 | Focused mileage and practice. During this stage, mileage is the key. Allow students to practice, and allow them to make mistakes – just ensure that positive feedback / correction is given when mistakes are made. 着重增加滑行里程和练习次数。在这个阶段, 里程多少是关键。多给学生机会练习, 保证他们在犯错时给予积极的反馈/纠正。 | Change the situation to encourage adaptation – vary the terrain or movements. 通过改变地形和动作 – 加强学生变换情况下的适应能力。 |

THE QUICKRIDE SYSTEM 快速入门滑行系统:

| GOALS 目标 | PROGRESSION 进程 | SUGGESTED TACTICS 建议策略 |
|---|--|---|
| I. BASICS 基础 To learn to use the equipment, and gain comfort moving around on the snowboard with one foot attached. 了解如何使用装备, 可单脚带板自如移动。 | Equipment 装备 Mobility 移动性 | Introductions 介绍 Equipment: Parts Of The Board 装备: 雪板上的部件 Attaching The Front Foot 只固定前脚穿板 Equipment Familiarity & Mobility 装备熟悉度和移动性 “The Neutral Position” “居中站姿” Skating 单脚滑板式移动 Climbing & Descending 穿板上坡和下坡 |
| II. SLIDING 滑动 To become comfortable standing on the snowboard while it is sliding. 可在单板滑动时自如的站在板上。 | Straight Running 直线滑行 | “Push-Push-Glide” 单脚助力滑动 Straight Running 直线滑行 Experiment With Varied Body Positions 直线滑行时尝试不同的身体站姿 Toe/Heel Drag 脚趾/脚跟拖雪减速 J-Turns J字型减速停止 |

| | | |
|--|--|---|
| <p>III. CONTROL控制 <i>To learn to control both speed and direction with both feet attached to the snowboard</i> 学习双脚穿板情况下速度和方向的控制。</p> | <p>Sideslipping 推坡滑行 Pendulum 左右钟摆式滑行</p> | <p>Intro To Edging (Gas Pedal Exercise) 介绍板刃（踩油门练习） One-Foot Attached Sideslipping & Drift Left / Right 单脚推坡滑行及左右飘动练习 One-Foot Attached Traverse 单脚穿板横贯雪道滑行</p> <hr/> <p>Attaching The Board On A Slope 在斜坡上穿板 Sideslipping (two feet attached) 推坡滑行（双脚穿板） Pendulum (two feet attached) 左右钟摆式滑行（双脚穿板） Power Pendulum 加强型左右钟摆式滑行</p> |
| <p>IV. TURNING转弯 <i>To learn to turn (changing edges in the fall line).</i> 学习转弯（在滚落线换刃）</p> | <p>Beginner Turns 初学者转弯</p> | <p>Static Rotation Exercise (board off) 静态旋转练习（脱板） Garland Exercise / “Chicken Turns” 阶梯状转弯练习/ “退缩式转弯” J-Turns (revisit from Sliding) J字型转弯（重新尝试滑动中的动作） Walking Through Turns 走步模拟转弯 Beginner Turns 初学者转弯</p> |
| <p>V. FLOW流畅滑行 <i>To learn to explore the mountain safely.</i> 学习如何安全的探索雪山</p> | <p>Novice Turns 新手转弯</p> | <p>Add Traverse Between Turns 在转弯中增加横贯雪道滑行 Traverse with Flexion/Extension 横贯雪道滑行时加入身体的屈曲/伸展 Novice Turns (flex after fall line) 新手转弯（过滚落线后屈曲） Speed Control: 4 S's (Speed = Shape, Size, Slope) 速度控制：4S要素（速度=弯的形状，尺寸，坡度） Sliding 360's 推雪式360度转 Hopping in Traverses 横贯雪道时跳跃</p> |

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）:

DAY 3 第三天:

POSITIVE ELEMENTS 积极要素:

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

NOTES 备注:

[illegible]

NOTES 备注:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

WHAT'S NEXT?

下一步是什么？

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

在此诚挚感谢你们参加一级课程。

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

如果你未完成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 Level 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 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 Level 1 course...

如果你完成了一级课程中的一项.....

Candidates who successfully complete *either* of the teaching or the riding components of the Level 1 course are eligible for the re-test 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 re-take the course before re-testing 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 Level 1 Course Schedule to schedule your re-test.

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

如果你成功完成了一级教练认证.....

Congratulations! On behalf of the Canadian Association of Snowboard Instructors, we would like to congratulate you on your successful completion of the Level 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. Get involved with your local resort's snow school as an instructor. Teaching lessons and taking part in training sessions will help you to further develop the skills you've obtained on this course, particularly if you are looking to further your certification as a Level 2 Instructor. Please note, CASI recommends 45 hours of teaching experience prior to attending the Level 2 Instructor course.

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。以教练的身份加入到你所在滑雪场的滑雪学校，进行教学并参加培训课能帮助你再提高通过参加本课程获得的技巧。尤其是如果你准备升级为二级教练的话。请注意，CASI 的建议是在参加二级教练课程前累积 45 小时的教学时间。

Also, please visit the CASI web site (www.casi-acms.com) to learn about all of the membership benefits that are available to you. As a new Level 1 member, your CASI membership dues are covered for the season in which you become certified. Following this season, you will receive a membership renewal reminder at the start of the following season.

另外，请访问 CASI 网站(www.casi-acms.com) 来了解你所享有的会员福利。作为新晋一级会员，你的 CASI 会员费有效期到你考取资格证的这个雪季末为止。这之后，你会在下个雪季开始前收到会员续费的提醒。

All the best! 祝好！

A handwritten signature in black ink, appearing to read 'Geneviève Pilotto', with a long horizontal flourish extending to the right.

Geneviève Pilotto
Program Director

项目总监

www.casi-acms.com

© 2023 Canadian Association of Snowboard Instructors
All Rights Reserved



LEVEL 2

2023-24

COURSE GUIDE

二级课程指南

CANADIAN ASSOCIATION OF SNOWBOARD INSTRUCTORS

186 Hurontario Street, Suite 201 T: (877) 976-2274
Collingwood, Ontario E: info@casi-acms.com
Canada L9Y 4T4 W: www.casi-acms.com

TABLE OF CONTENTS 目录

Level 2 Course 二级课程

| | |
|--|---|
| Course Introduction 课程简介 | 3 |
| Course Agenda 课程日程 | 5 |
| Course Agenda - Extended Course 课程日程 – 夜场版课程 | 6 |
| Evaluation 评估 | 8 |

Workshops 培训内容

| | |
|---|----|
| Workshop: Advanced Teaching Theory 培训内容：高级教学理论 | 16 |
| Workshop: Analysis & Improvement 培训内容：分析&改善 | 18 |
| Workshop: Physics & Biomechanics in Snowboarding 培训内容：单板滑雪中的物理学和生物力学 | 21 |
| Lesson Planning Tool 教学计划工具 | 23 |

Technical Presentations 技术讲解

| | |
|--|----|
| Rider Improvement Presentation 滑雪者提升演示 | 25 |
| QuickRide Teaching Presentation 快速入门教学演示 | 27 |
| Introducing New Skills Presentation 介绍新技巧演示 | 29 |
| Developing Intermediate Skills Presentation 提高中级技巧演示 | 35 |
| Daily Notes & Feedback 每日备注&反馈 | 37 |
| Notes 备注 | 38 |
| What's Next? 下一步是什么？ | 39 |

INTRODUCTION 介绍

Welcome to the CASI Level 2 Course!

欢迎来到 CASI 二级课程！

The CASI Level 2 Instructor certification is for any snowboarder that has passed the Level 1 certification, and has an interest in teaching more experienced snowboarders. The goal of the Level 2 course is to develop a skills-based teaching approach for novice and intermediate snowboarding. It combines practical snowboard teaching methods, technical understanding and development, as well as development of guest service and technical analysis skills.

CASI 二级教练认证是为那些通过了一级认证，并对教更有经验的学员感兴趣的单板滑雪者而设立。二级课程的目标是为新手和中级单板滑雪教学发展一套以技术为基础的教学方法。它将实用单板教学方法，技术理解及发展，以及提高客户服务和技术分析技巧结合在一起。

It is recommended that Level 2 candidates have prior experience teaching snowboarding in a snow school setting (approximately 40 - 60 hours) before attempting the Level 2 certification.

我们推荐二级考生在参加二级认证之前，有在滑雪学校之类的机构有过单板教学的经验（大概 40-60 小时）。

Candidates will receive coaching on their riding and teaching skills, with the goal of reaching the Level 2 standard in both areas. They will also receive suggestions and strategies for long-term development. The successful candidate is certified to teach snowboarders on intermediate (blue) and terrain. Technical content will cover developing turning, proficiency up to an intermediate level of carving, and basic terrain adaptation and freestyle skills. Level 2 is a prerequisite for the level 3 certification.

考生会在滑行和教学技巧方面受到培训，并在这两方面达到二级标准为目标。他们也会得到长期发展方面的建议和策略。成功通过认证的考生可以为能滑中级道（蓝道）地形的单板滑雪者提供教学。技术内容包括完善转弯技巧，达到中级的刻滑熟练程度，基础地形运用和自由式技巧。二级认证是参加三级认证的必要条件。

Who Should Take This Course?

谁应该来参加此课程？

You should take this course if you are a Level 1 Instructor with some teaching experience, a love of teaching, and a desire to take your teaching skills to the next level. You should be confident and comfortable demonstrating intermediate riding in corresponding terrain (groomed and un-groomed). 如果你是一级教练，有一些教学经验，热爱教学，并希望把你的教学技巧提升到下一个水平，那你应该来参加此课程。你要在中级地形（机压和非机压雪道）上滑行感到自信，并对在这种地形上做相应的中级滑行示范感到自如。

Am I Ready?

我准备好了吗？

The Level 2 Instructor standards require you to pass both riding and teaching evaluations. In order to help you achieve success on the course, we suggest you take the following steps in preparation, if they are available to you:

成为二级教练要求通过滑行和教学两方面的标准。为了你能够成功通过课程，我们建议你如果有条件的话，按如下步骤进行准备：

- Spend time working as an instructor, honing your communication, analysis and group management skills with a variety of students.
- 多做教练的工作，这样可以通过各种各样的学生来打磨你的交流，分析和团队管理技巧。
- Attend a session with a current CASI Level 2 Evaluator to get some feedback on your riding ability in relation to the technical standard.
- 参加现任 CASI 二级考官的课程，他们会根据二级技术标准对比你现有滑行能力，给你相应建议。
- Complete the Level 2 course preparation workshops, available in this guide, and online at www.casi-acms.com.
- 完成二级课程预备交流培训课程，可在本指南和 www.casi-acms.com 网站中找到。
-

Course Duration: 4 days totalling a minimum of 24 hours (including evaluations).

课程长度：4 天总共最少 24 小时的学时（包括评估时间）

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

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.

必须出席并参加整个课程

未参加任意部分培训的学员在课程结束时将被视为有资格接受评估。

LEVEL 2 INSTRUCTOR – AGENDA

二级教练 – 日程

DAY ONE: 第一天 :

- 8:30 - 9:00 a.m. Registration & Introductions (including Riding Re-Tests)
登记&介绍 (包括滑行补考)
- 9:00 - 11:30 a.m. Warm-up / Guest Service & Guiding 热身/客服&指导
Riding Skills Improvement Session #1 滑行技术提高#1
- 11:30 a.m. - 12:30 p.m. Lunch 午餐
- 12:30 - 3:30 p.m. Analysis & Improvement Presentation 分析&改善演示
- 3:30 - 4:00 p.m. Daily Review & Evaluation 每日总结&评估

DAY TWO: 第二天 :

- 9:00 a.m. – 12:00 p.m. 'QuickRide Teaching' Presentation “快速入门教学”演示
- 12:00 - 1:00 p.m. Lunch 午餐
- 1:00 - 3:30 p.m. 'Introducing New Skills' Presentation “介绍新技巧”演示
- 3:30 - 4:00 p.m. Daily Review & Evaluation 每日总结&评估

DAY THREE: 第三天 :

- 8:30 a.m. Registration (Teaching Re-Tests only) 登记 (只是教学补考)
- 9:00 a.m. – 11:30 a.m. Practice Teaching: Introducing New Skills 教学实践练习 : 介绍新技巧
- 11:30 a.m. - 12:30 p.m. Lunch 午餐
- 12:30 - 3:30 p.m. 'Developing Intermediate Skills' Presentation “提高中级技巧”演示
- 3:30 - 4:00 p.m. Daily Review & Evaluation 每日总结&评估

DAY FOUR: 第四天 :

- 9:00 - 11:30 a.m. Practice Teaching: Developing Intermediate Skills
教学实践练习 : 提高中级技巧
- 11:30 - 12:30 p.m. Lunch 午餐
- 12:30 - 3:30 p.m. Riding Skills Improvement Session #2 滑行技术提高#2
- 3:30 - 4:00 p.m. Course Results Presentation 公布考核成绩

LEVEL 2 INSTRUCTOR (EXTENDED COURSE) – AGENDA

二级教练（夜场版课程）-日程安排

SESSION ONE: 第一期

- 4:00 - 4:30 p.m. Registration & Introductions 登记&介绍
- 4:30 - 6:30 p.m. Warm-Up / Guest Service & Guiding 热身/客服&指导
Riding Skills Improvement Session #1 滑行技术提高#1
- 6:30 - 7:00 p.m. Break 休息
- 7:00 – 9:00 p.m. Riding Skills Improvement Session (continued) 滑行技术提高 (继续)
Analysis & Improvement Presentation 分析&改善演示
- 9:00 - 9:30 p.m. Daily Review & Evaluation 每日总结&评估

SESSION TWO:第二期 :

- 4:00 - 6:30 p.m. Analysis & Improvement Presentation (continued)
分析&改善演示 (继续)
'QuickRide Teaching' Presentation“快速入门教学”演示
- 6:30 - 7:00 p.m. Break 休息
- 7:00 – 9:00 p.m. QuickRide Teaching Presentation (continued)
“快速入门教学”演示 (继续)
- 9:00 - 9:30 p.m. Daily Review & Evaluation 每日总结&评估

SESSION THREE:第三期 :

- 4:00 - 6:30 p.m. Introducing New Skills Presentation“介绍新技巧”演示
- 6:30 - 7:00 p.m. Break 休息
- 7:00 – 8:30 p.m. 'Introducing New Skills' Presentation (continued)
“介绍新技巧”演示 (继续)
Practice Teaching: Introducing New Skills 教学实践练习：介绍新技巧
- 8:00 - 9:30 p.m. Daily Review & Evaluation 每日总结&评估

SESSION FOUR:第四期 :

- 4:00 - 6:30 p.m. Practice Teaching: Introducing New Skills Presentation
教学实践练习：介绍新技巧
- 6:30 - 7:00 p.m. Break 休息
- 7:00 – 9:00 p.m. 'Developing Intermediate Skills' Presentation“提高中级技巧”演示
- 9:00 - 9:30 p.m. Daily Review & Evaluation 每日总结&评估

SESSION FIVE:第五期 :

- 4:00 - 6:30 p.m. Developing Intermediate Skills Presentation (continued)
“提高中级技巧”演示 (继续)

Practice Teaching: Developing Intermediate Skills 教学实践练习：提高中级技巧

6:30 - 7:00 p.m. Break 休息

7:00 – 8:30 p.m. Riding Skills Improvement Session #2 滑行技术提高#2

8:30 - 9:30 p.m. Course Results Presentation 公布考核成绩

ONLINE WORKSHOPS

在线课程内容

To prepare for this course, the online preparation workshop is a mandatory element of the certification. Access the prep workshop via our web site, or check your course confirmation email for directions.

为准备这门课程，在线课程内容是认证的一个强制性要求。通过我们的网站访问考前课程内容，或检查您的电子邮件根据提示进入在线课程内容。

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

**To ensure that the course runs smoothly students should arrive 15 minutes before the above times.*

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

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 Level 2 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。考生必须同时通过课程的教学和技术（滑行）项目才能获得二级教练认证。

MARKING SYSTEM 评分系统

- Below Standard / Meets Standard / Above Standard
- 低于标准 / 达标 / 超过标准
- Candidates must achieve “Meets Standard” or “Above Standard” marks in both Teaching and Technical (Riding) components in order to pass the Level 2 Instructor course.
- 考生要通过二级教练考试课程必须在教学和技术（滑行）项目均获得“达标”或者“超过标准”

Retest Evaluations 补考评估

In a situation where the candidate does not complete either of the riding or teaching components, 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 is unsuccessful in either riding or teaching components, they will have two calendar years to take a retest for the portion failed. If it is riding, the candidate will attend Day 1 and 2 of a regularly scheduled Level 2 course, and if it is teaching, it will be Day 3 and 4. Candidates will be trained and evaluated during those days only.

如果考生未通过滑行或教学项目中的任何一项，可在两个自然年内重考未通过的项目。如果是滑行未能通过，考生需参加常规课程安排中第一天和第二天的内容；如果是教学未通过，则需参加第三天和第四天的内容。考生只会在这些天参加培训，并再次被评估。

If the candidate does not take a re-test 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，则需再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 COMPONENT ASSESSMENT 教学部分评估 | |
|--|--|
| <p><i>Teaching Evaluation Criteria:</i></p> <p>Teaches effective snowboard from beginner to intermediate levels.</p> <p>针对从初学者到中级水平的单板滑雪者进行有效教学。</p> | <p><u>Specific Teaching Outcomes:</u></p> <p><u>具体教学成果:</u></p> <p>Guest Service & Safety 客服&安全:</p> <ul style="list-style-type: none"> Chooses terrain that is both suitable and safe for novice and intermediate students. 选择适合及安全的地形，对新手和中级水平学员进行教学 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。 <p>Communication & Lesson Structure 沟通&课程结构:</p> <ul style="list-style-type: none"> Communicates effectively (provides clear explanations), in a positive and coherent manner. 以合乎逻辑和积极的方式进行有效沟通（讲解清晰） Demonstrates effective lesson organizational skills (lesson structure). 展现有效的课程组织技巧（课程结构） <p>Demonstrations:示范:</p> <ul style="list-style-type: none"> Clearly demonstrates all relevant manoeuvres, including sliding turns, basic carved turns, basic terrain adaptation, and basic freestyle manoeuvres (switch riding, flatland tricks, small straight airs). 清晰的做出包括搓雪转弯，基础刻滑转弯，基础道外滑行，基础自由动作(反脚滑行，平花，简单直飞滞空)水平相关的示范动作。 <p>Analysis & Improvement 分析&反馈:</p> <ul style="list-style-type: none"> Recognizes causes of difficulty in student trials. 辨别学生练习动作时的难点。 Provides positive, relevant feedback to students to achieve basic riding competencies 给学员正面及关联性强的反馈，帮助学员掌握基础要领。 <p>Technical Content 技术内容:</p> <ul style="list-style-type: none"> Present basic snowboard lessons in accordance with CASI techniques and methodologies, up to the novice level. 根据 CASI 的技术和方法提供基本的单板课程，直至新手级别。 <p>Professionalism 专业度:</p> <ul style="list-style-type: none"> Displays professional instructor traits. 展现专业教练素质 |
| TECHNICAL (RIDING) ASSESSMENT 技术（滑行）评估 | |
| <p><i>Riding Evaluation Criteria:</i></p> <p>Demonstrates refined intermediate-level riding skills in intermediate groomed, and ungroomed terrain.</p> <p>在机压和非机压地形示范合乎标准的中级水平滑行技巧</p> | <p><u>Specific Technical Outcomes:</u></p> <p><u>具体技术成果:</u></p> <ul style="list-style-type: none"> Displays a centred & mobile position in intermediate and advanced terrain:在中级和高级地形展示出居中&灵活的站姿: <ol style="list-style-type: none"> Weight is generally centred over feet equally 体重通常均匀分布在双脚 Maintains a mobile / relaxed position in varied terrain 不同地形下保持灵活/轻松的站姿 Uniform flexion in joints 关节均匀折叠 |

| | |
|--|---|
| | <ul style="list-style-type: none"> ● Uses the lower body to turn the snowboard in intermediate and advanced terrain:在中级和高级地形使用下半身关节转动雪板 <ul style="list-style-type: none"> d) Uses knees and feet to turn the snowboard 通过膝关节与踝关节转动雪板 e) Demonstrates a centre pivot point in short radius turns 展示小回转中以中心为轴轴转 f) Turns show round shape and symmetry 弯形圆润与对称 ● Shows ability to balance along the working edge in intermediate and advanced terrain:在中级和高级道表现出在使用的刃上平衡的能力 <ul style="list-style-type: none"> g) Managed pressures in snowboard while edging 用刃时对压力的控制 h) Engages edge above the fall line 滚落线之前入刃 i) Ability to use a pure edge to achieve carved turns 能够只使用刃完成刻滑转弯 ● Mandatory Maneuvers (M = Meters CW = Corridor Width) : 必要动作 (M=米 CW=Corridor Width 雪道宽度) <p>Candidates must display consolidation of riding outcomes in each of the following maneuvers: 考生必须在以下的每一个动作中展现出扎实的滑行功底:</p> <ol style="list-style-type: none"> 1. Short Radius Sliding Turns - 3-5 M CW: Short-radius sliding turns on applicable groomed blue / black* (intermediate / advanced) terrain, demonstrating speed control, round turn shape, intensity, symmetry, rhythm and control of both pressure and edge. *Conditions dependant. 搓雪小回转-3-5 米雪道宽度: 通过在机压蓝道/黑道* (中级/高级) 搓雪小回转, 展现对速度的控制, 弯形的圆润程度, 强度, 对称性, 节奏感和压力与用刃的控制。*因雪况而定 2. Novice Turns (forward and switch directions) - 4-6 M CW: Demonstration of novice-level turns, at low speeds on groomed green (beginner) terrain. Turns should be initiated with the lower joints, show minimal edge performance and speed, and display vertical movements as required to control pressure. Demonstration is required in both forward and switch directions. 新手转弯 (正脚和反脚) -4-6 米 雪道宽度: 在机压的绿道 (初学者道) 展现新手-级别的转弯, 且用较慢的速度。通过下半身关节发力开始转弯, 略微展示出刃和速度的展现力, 和通过必要的关节纵向起降展示压力控制。需要在正脚与反脚展示出来 |
|--|---|

| | |
|--|---|
| | <p>3. Intermediate Carved Turns - 7-10 M CW: Performed on green or mellow blue terrain, candidates must demonstrate a series of carved turns with round turn shape and speed control on both toe and heel side edges, showing a pencil-line track (no pivot or skidding). 中级刻滑转弯-7-10米雪道宽度：考生需要在绿道或者较为平坦的蓝道展示出连贯的弯形圆润且速度控制较好的前后刃刻滑转弯，展示出铅笔线痕迹（无轴转或扫雪）。</p> <p>4. Ollie (with proper landing on two-feet) : Performed on green (beginner) terrain, candidates must demonstrate an ollie from a flat-based snowboard, utilizing effective fore/aft and vertical movement and pressure control and balance skills. 板尾起跳（双脚正确落地）：在绿道（初学者道）展示，考生必须通过合理调整前/后和起降动作和压力控制和平衡能力展示出从平板状态到板尾起跳。</p> |
|--|---|

MARKING SYSTEM 评分系统

| TEACHING SKILLS 教学技巧 | Meets Standard (Pass) 达标（通过） | Below Standard (Incomplete) 低于标准（未完成） |
|---|--|--|
| Guest Service & Safety 客服&安全 | <p>Terrain is generally safe and suitable to this level of student or lesson topic. 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。</p> <p>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。</p> <p>The learning environment is generally safe and secure. 总的来说学习环境是安全和稳妥的。</p> | <p>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</p> <p>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</p> <p>Safety is not a focus of the lesson, or students are not kept in a safe environment. 没用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。</p> |
| Communication & Lesson Structure 沟通&课程结构 | <p>Effectively communicates (explanations are generally clear), and use a What, Why, How format. 有效沟通（总体上讲解清晰），并按照内容，目的，方法的格式。</p> <p>The lesson follows a clear structure. 教学遵循清晰的结构。</p> | <p>Does not effectively communicate (explanations are not clearly understood). 未能有效沟通（讲解不够清晰易懂）。</p> <p>The lesson is not presented in an effective building block or whole-part-whole format. 课程未能以有效的积木式或全部-部分-全部的结构展示。</p> |

| | | |
|---|--|---|
| Demonstrations 动作示范 | <p>Technical skill demonstrations are adapted to skill level of students, and are clear.</p> <p>技术动作示范符合学生的技术水平，并比较清晰。</p> | <p>Technical demos are not adapted to skill level of students, or are unclear.</p> <p>技术动作示范不符合学生的技术水平，并且不够清晰。</p> |
| 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指出需要改进之处，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>提供反馈的时候能做到正面，且讲解针对课程目标或主题为何选择这种方式提高。</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/或与学生的动作无关。</p> |
| Technical Content 技术内容 | <p>The instructor effectively presents the technique-based portion of the lesson (technical concepts are presented correctly and in a complete manner in relation to CASI methodology).</p> <p>教练有效的呈现了教学中技术相关部分（技术概念表达正确，在 CASI 教学方法方面表达完整）</p> | <p>The instructor doesn't effectively present the technique-based portion of the lesson (technical concepts are presented incorrectly or in an incomplete manner in relation to CASI methodology).</p> <p>教练未能有效呈现教学中技术相关部分（技术概念表述不正确，在 CASI 教学方法方面表达不完整）</p> |

| RIDING SKILLS 滑行技术 | 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 | <p>Demonstrates the ability to centre weight equally over both feet in most situations, in appropriate terrain.</p> <p>在合适，大部分的地形上，示范如何将身体重量平均分布在双脚的能力。</p> <p>Maintains a mobile and relaxed position as terrain becomes more challenging / varied.</p> <p>当地形和雪况变得有挑战性/变化莫测的时候，还总能保持身体站姿的灵活性且放松。</p> <p>Consistently demonstrates uniform flexion across joints (hips, knees,</p> | <p>Does not demonstrate ability to centre weight equally over both feet.</p> <p>未能展现将身体重量平均分布在双脚的能力</p> <p>Is unable to maintain a relaxed position in varied terrain.</p> <p>在地形变换时未能保持身体站姿的灵活放松</p> <p>Is not able to demonstrate uniform flexion across joints (hips, knees, ankles), or clearly shows excessive flexion in one part of the body.</p> <p>未能在转弯时稳定清晰示范关节的弯曲（髋部，膝部，踝部），或示范身体某一部位的</p> |

| | | |
|---|--|---|
| | <p>ankles) while turning.</p> <p>能在转弯时稳定示范关节的弯曲（髋部，膝部，踝部）</p> | <p>过度弯曲。</p> |
| <p>Turning With The Lower Body 下半身带动转弯</p> | <p>Uses the knees and feet to initiate direction change in the snowboard consistently.</p> <p>稳定使用髋部和膝部发起雪板转向。</p> <p>Is able to demonstrate a centred pivot point in the snowboard during shorter-radius sliding turns consistently.</p> <p>能在多种地形和速度的情况下以小回转滑行，并有明显的居中轴转点。</p> | <p>Does not use the knees and feet to turn the snowboard (uses arm, shoulders, and upper-body or a combination of).</p> <p>未使用髋部和膝部令雪板转向（而是使用手臂，肩部和上半身或其中部分的组合）。</p> <p>Is unable to demonstrate a centred pivot point in the snowboard during shorter-radius sliding turns.</p> <p>未能在多种地形和速度的情况下以小型滑动转弯滑行，并未有明显的居中旋转点。</p> |
| <p>Balance Along The Working Edge 在使用的板刃上平衡</p> | <p>Consistently manages pressure in the snowboard to control chatter.</p> <p>运用对雪板的压力来控制板刃抖动。</p> <p>Can demonstrate carved turns consistently on appropriate terrain.</p> <p>有能力在适合的地形展示出连贯的刻滑。</p> <p>Engages new edge above the fall-line (at approx. 2 and 10 o' clock).</p> <p>在滚落线之前入刃（大约 2 点和 10 点钟）</p> | <p>Cannot manage pressures in the snowboard while edging, resulting in chatter or bouncing.</p> <p>立刃时不能运用好雪板压力，导致板刃抖动或晃动。</p> <p>Cannot consistently demonstrate carved turns, on appropriate groomed terrain.</p> <p>未能在适合的地形展示出连贯的刻滑。</p> <p>Is unable to engage the new edge above the fall line during sliding or carved turns.</p> <p>在搓雪或刻滑转弯时，未能在滚落线之前入刃。</p> |
| <p>Mandatory Maneuver: 必要动作: Short Radius Sliding Turns - 3-5 M* CW* 搓雪小回转 3-5 米雪道宽度</p> | <p>Shows consolidation in the execution of short-radius sliding turns (approx. 6m radius), in applicable terrain.</p> <p>在适合的地形下，扎实的展现出搓雪小回转的完成度（大约 6 米的范围）</p> <p>Core Competency outcomes are evident most of the time, movements are generally fluid, consistent and incorporate power and intensity. Minor occasional technical faults may</p> | <p>Still acquiring the movements required for the execution of short-radius sliding turns (approx. 6m radius), in applicable terrain.</p> <p>在适合的地形下，仍然需要加强动作展现出搓雪小回转的完成度（大约 6 米的范围）</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid, consistent and don't show power and</p> |

| | | |
|---|--|--|
| | <p>be apparent.通过核心能力的结果证明了大多数情况下，动作基本上稳定且流畅，有力量感和强度。</p> <p>表面上或许有一些细小的技术缺陷。</p> | <p>intensity. Major technical faults are apparent.不能通过核心能力的结果证明了大多数情况下动作稳定且流畅，没有力量感和强度。</p> <p>表面上有重大技术缺陷。</p> |
| <p>Mandatory Maneuver: 必要动作: Novice Turns (Forward & Switch) - 4-6 M CW 新手转弯 (正脚&反脚) 4-6 米雪道宽度</p> | <p>Shows consolidation in the execution of novice sliding turns, in applicable terrain, in both directions.</p> <p>在适合的地形下，扎实的展现出新手转弯的完成度，正脚与反脚。</p> <p>Core Competency outcomes are evident most of the time, movements are generally fluid and consistent. Minor occasional technical faults may be apparent in either forward or switch direction.</p> <p>通过核心能力的结果证明了大多数情况下，动作基本上稳定且流畅。表面上或许有一些细小的正脚反脚的技术缺陷。</p> | <p>Still acquiring the movements required for the execution of novice sliding turns, in applicable terrain, in both directions.</p> <p>在适合的地形下，仍然需要加强新手转弯的完成度，正脚与反脚。</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid or consistent. Major technical faults are apparent in one or both directions (forward or switch).</p> <p>不能通过核心能力的结果证明了大多数情况下动作稳定且流畅。</p> <p>表面上正脚与反脚有重大技术缺陷。</p> |
| <p>Mandatory Maneuver: 必要动作: Intermediate Carved Turns - 7-10 M CW 中级刻滑转弯 7-10 米雪道宽度</p> | <p>→ Shows consolidation in the execution of round carved turns, in applicable terrain, on both edges.</p> <p>在适合的地形下，扎实的展现出圆润的脚尖刃和脚跟刃刻滑的完成度。</p> <p>Core Competency outcomes are evident most of the time, movements are generally fluid and consistent. Minor occasional technical faults may be apparent due to changes in slope or snow conditions.</p> <p>通过核心能力的结果证明了大多数情况下，动作基本上稳定且流畅。表面上或许有一些因坡度或雪况产生的细小的技术缺陷。</p> | <p>Still acquiring the movements required for the execution of round carved turns, in applicable terrain, on both edges.</p> <p>在适合的地形下，仍然需要加强脚尖刃和脚跟刃刻滑的圆润完成度。</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid or consistent. Major technical faults are apparent on one or both edges.</p> <p>不能通过核心能力的结果证明了大多数情况下动作稳定且流畅。</p> <p>表面上脚尖刃和/或脚跟刃有重大技术缺陷。</p> |

| | | |
|---|---|---|
| <p>Mandatory Maneuver: 必要动作:</p> <p>Ollie (with proper landing on two-feet) 板尾起跳 (双脚正确落地)</p> | <ul style="list-style-type: none"> → Shows consolidation in the execution of ollies. → 扎实的展现出板尾起跳的完成度。 → Core Competency outcomes are evident most of the time, movements are generally fluid and consistent. Minor occasional technical faults may be apparent on some attempts. <p>通过核心能力的结果证明了大多数情况下，动作基本上稳定且流畅。在尝试过程中或许有一些细小的技术缺陷。</p> | <p>Still acquiring the movements required for the execution of an ollie.</p> <p>仍然需要加强板尾起跳的完成度。</p> <p>Core Competency outcomes are not evident most of the time, and movements are generally not fluid or consistent. Major technical faults are apparent on the majority of attempts.</p> <p>不能通过核心能力的结果证明了大多数情况下动作稳定且流畅。在尝试过程中有重大的技术缺陷</p> |
|---|---|---|

*M = Meters *CW = Corridor Width

*M=米 *CW=雪道宽度

WORKSHOP: 课程培训:

ADVANCED TEACHING THEORY

高级教学理论

References: CASI Reference Guide (pp. 15-35) & “Advanced Teaching Theory” Video

参考：CASI 参考指南 (PP. 15-35) 及“高级教学理论”视频

1. What are the Practical Teaching Skills? 实用教学技巧有哪些？

- I. _____
- II. _____
- III. _____
- IV. _____
- V. _____

2. What are some ways to ensure that you manage the following aspects of any lesson...

有哪些方法可以保证教学时管理好以下几方面内容：

Choice of Terrain: 地形选择:

Creating a positive learning environment: 创建积极的学习环境:

Managing risk in a lesson: 创建积极的学习环境:

3. What are some strategies for communicating effectively? 做到有效沟通的策略有哪些？

4. How can we set effective goals for our lessons? 我们怎么能在教学中设立有效目标？

5. What is a Whole, Part, Whole method of presenting a lesson? 呈现教学时所说的“整体-部分-整体”方法是什么？

6. When demonstrating intermediate-level skills and techniques, what are some important things to remember? 做出中级水平技巧和技术的演示时，需要记住的要点有哪些？

WORKSHOP: 课程培训:

ANALYSIS & IMPROVEMENT

分析及改善

Reference: CASI Reference Guide (pp. 24-28)

参考 : CASI 参考指南 (pp. 24-28)

1. As an instructor, what is the reason for developing your Analysis & Improvement skills?

作为一名教练，发展分析和改善技巧的原因是什么？

2. What are some outcomes of watching your students ride from various vantage points? 从多个角度观察学生滑行的意义是什么？

Below (watching them ride toward you): 从坡底 (看学生滑向你) :

Above (watching them ride away from you): 从坡上 (看学生滑离你) :

Following the student: 跟随学生

At the side of the run (watching them approach and pass you): 从侧面方向 (看学生滑向你然后滑离你)

3. Describe an effective sequence of events when analysing riding skills: 描述分析滑行技巧时有效的观察顺序

1:

2:

3:

4:

4. What are the Core Competencies, and how can we use them to assist us in analysing riding skills? 核心能力有哪些方面？我们如何运用它们来帮助我们分析滑行技巧？

5. What are some goals in delivering the feedback / improvement to students?

我们向学生传达反馈/改进建议时的目标有哪些？

6. How can questions be used to facilitate Analysis & Improvement?

如何通过问问题的方式来帮助我们进行分析和改善？

WORKSHOP: 课程培训:

PHYSICS & BIOMECHANICS IN SNOWBOARDING

单板滑雪中的物理学和生物力学

Reference: CASI Reference Guide (pp. 137-150)

参考 : CASI 参考指南 (pp. 137-150)

1. Describe “Centre of Mass”: 描述“质量中心” :

2. Describe “Base of Support”: 描述“板的支撑力” :

3. How can a snowboarder aid balance, or increase stability, while riding?

在滑行时单板滑雪者可用何种方式来帮助保持平衡或增加稳定性？

4. Describe the differences in body position on the toeside vs. heelside edges:

描述在脚尖刃和脚跟刃上时站姿的不同

5. How do novice vs. advanced riders utilize range of motion as they progress in skill?

新手和高级滑雪者相比，在学习技巧时运用动作幅度方面是怎样的？

LESSON PLANNING TOOL 教学计划工具

Use the following tool to help plan your lessons:

使用下面的工具来帮助你计划教学：

| | | | |
|--|--|---|--|
| Name:姓名： | | Time:时间： | |
| Snow Conditions:雪况： | | Number of Students:学生人数： | |
| Student Level:学生水平： | | Terrain:地形： | |
| Lesson Goal: <input type="checkbox"/> Introducing New Skills <input type="checkbox"/> Developing Skills 教学目标： 介绍新技能 提高技能 | | | |
| | | | |
| Skill Focus: <input type="checkbox"/> Position & Balance <input type="checkbox"/> Pivot <input type="checkbox"/> Edging <input type="checkbox"/> Pressure <input type="checkbox"/> Timing & Coordination 技能关注点； 站姿和平衡 轴转 用刃 压力 时机和协调性 | | | |
| | | | |
| Method of Presentation: 演示方法： | | <input type="checkbox"/> Building Block <input type="checkbox"/> Whole-Part-Whole 积木式 整体-部分-整体 | |
| Drills, Tactics, Exercises: 训练，策略，练习： | | | |
| | | | |
| Analysis & Improvement (points to look for): 分析和改善（要关注的点）： | | | |
| | | | |

| |
|-----------------------|
| |
| Questions:问题 : |
| |

TECHNICAL PRESENTATION: 技术讲解:

RIDER IMPROVEMENT PRESENTATION 滑雪者提高讲解

| COMPETENCY / OUTCOME 能力/结果 (“WHAT”内容) | GOAL 目标 (“WHY”目的) | MOVEMENT 动作 (“HOW”方法) | TACTIC / DRILL / EXERCISE 策略/训练/练习 |
|--|---|---|--|
| Centred & Mobile Position 居中&灵活的站姿 | POSITION & BALANCE 站姿和平衡 | | |
| | Enhance balance & adaptability. 加强平衡和灵活性。 | Challenging balance skills through unfamiliar movement. 通过不熟悉的动作来挑战平衡技巧。 | <i>Switch Riding</i> 反脚滑行 |
| | Development of centred weight distribution. 提高居中分配体重。 | Two-footed take-off and landing. 双脚起跳和落地。 | <i>Sideslipping 180 Hops</i> 推坡时 180 度跳 |
| | Develop balance while spinning. 提高转体时的平衡能力。 | Lower COM for stability. 降低质心保持平衡。 | <i>Sliding 360's</i> 滑动 360 |
| Turning With The Lower Body 下半身带动转弯 | PIVOT 轴转 | | |
| | Develop centre pivot point. 提高居中点轴转 | Equal displacement of nose & tail. Static exercise. 板头板尾均衡位移。静态练习。 | <i>X-Turns</i> X-转弯 |
| | Increased involvement of lower joints in turning. 增加下半身关节在转弯中的运用 | Initiate direction-change with knees & feet. 以膝关节和脚踝来发动转向。 | <i>Garland Exercise</i> 阶梯式练习 |
| | Use of feet to fine-tune turning. 通过加强脚的使用加强转弯 | Guide the snowboard through turn with foot movements. 通过脚踝运动来引导雪板转弯。 | <i>Twist the Disks</i> 脚拧固定器 |
| | EDGING 用刃 | | |
| | Develop use of lower joints in edging. 加强用下半身关节来提高用刃的能力。 | Flexion of hips, knees, ankles. 髋关节，膝关节，踝关节弯曲 | <i>Static Edging Exercise</i> 静态立刃练习 |
| Balance Along The Working Edge | EDGING 用刃 | | |
| | Early edge engagement. 提早入刃。 | Hops at edge change. 换刃时起跳 | <i>Hop Carves</i> 跳刃刻滑 |

| | | | |
|---------------------------------|--|--|--|
| 在使用的板习上 平衡 | Development of balance over the edge. 提高立刃时平衡能力 | Use of ankles to create edge platform. 用踝关节来开始立刃 | Stop-n-Hop's 刹停起跳 |
| | PRESSURE 压力 | | |
| | Board contact with snow. 雪板贴住雪面。 | Loose, mobile lower body. 让下半身灵活和放松。 | Absorb varied terrain 地形变化中的吸收动作 |
| | Development of foot separation and board loading. 提高双脚分工和对板子施压能力。 | Weight shift + push board forward (back) + pop. Absorb landing. 双脚重量移动+将雪板推前 (拉后) +跳起再落地吸收。 | Ollies & Nollies 板尾起跳&板头起跳 |
| | Pressure release. 释放压力。 | Extend at take-off and absorb landing with both legs. 双腿伸展起跳与同时落地吸收。 | Small jumps/airs 小型起跳/滞空 |
| Timing & Coordination 时机&协调性 | Develop adaptability. 加强随机应变能力 | Eyes look ahead, anticipate. 目视前方，做好预备 | Follow The Leader 跟随领队 |
| | Develop adaptability in movement sequences. 加强改变动作顺序的能力。 | Experiment with nose/tail shift, plus rotation and varied edges. 实验将质心移向板头/板尾，同时加入转动和换刃。 | Flatland Tricks 平花技巧。 |
| | Develop quickness. 加强动作快慢的能力。 | Gradually reduce intro/completion phase of turns. 逐渐减小转弯时的入弯/完成阶段 | Sideslipping to Short Radius Turns 从推坡转到小回转 |

TECHNICAL PRESENTATION: 技术讲解：

QUICKRIDE TEACHING PRESENTATION

快速入门教学演示

Reference: CASI Reference Guide (pp. 57-84)

参考：CASI 参考指南 (pp. 57-84)

Online Reference: www.quickride.ca网上参考：www.quickride.ca

GOALS 目标

At the end of the session, you will have explored the following points:

本章结束后，你会了解到以下要点：

- Review of the QuickRide System for teaching new snowboarders
- 重温对初学单板滑雪者的快速入门指南
- The Whole, Part, Whole method of structuring lessons.
- 用“整体-部分-整体”的方法来组织教学
- Exploring Novice teaching tactics
- 探索新手教学策略

THE QUICKRIDE SYSTEM 快速入门系统

| GOALS 目标 | PROGRESSION 教学步骤 | SUGGESTED SUPPORT TACTICS 建议采用方法 |
|--|--|--|
| I. BASICS 基础 <i>To learn to use the equipment, and gain comfort moving around on the snowboard with one foot attached. 了解如何使用装备，可单脚带板自如移动。</i> | Equipment 装备 Mobility 移动性 | Introductions 介绍 Equipment: Parts Of The Board 装备：雪板上的部件 Attaching The Front Foot 只固定前脚穿板 Equipment Familiarity & Mobility 装备熟悉度&移动性 “The Neutral Position” “居中站姿” Skating 单脚滑板式移动 Climbing & Descending 穿板上坡和下坡 |
| II. SLIDING 滑动 <i>To become comfortable standing on the snowboard while it is sliding. 可在单板滑动时自如的站</i> | Straight Running 直线滑行 | “Push-Push-Glide” 单脚助力滑动 Straight Running 直线滑行 Experiment With Varied Body Positions |

| | | |
|---|---|---|
| 在板上。 | | 直线滑行时尝试不同的身体站姿 Toe/Heel Drag 脚尖/脚跟拖雪减速 J-Turns J 字型减速停止 |
| III. CONTROL 控制 To learn to control both speed and direction with both feet attached to the snowboard 学习双脚穿板的情况下控制速度和方向。 | Sideslipping 推坡滑行 Pendulum 左右钟摆式滑行 | Intro To Edging (Gas Pedal Exercise) 介绍板刃 (踩油门练习) One-Foot Attached Sideslipping & Drift Left / Right 单脚推坡滑行及左右飘动练习 One-Foot Attached Traverse 单脚穿板横贯雪道滑行 <hr/> Attaching The Board On A Slope 在斜坡上穿板 Sideslipping (two feet attached) 推坡滑行 (双脚穿板) Pendulum (two feet attached) 左右钟摆式滑行 (双脚穿板) Power Pendulum 加强型左右钟摆式滑行 |
| IV. TURNING 转弯 To learn to turn (changing edges in the fall line). 学习转弯 (在滚落线换刃) | Beginner Turns 初学者转弯 | Static Rotation Exercise (board off) 静态旋转练习 (脱板) Garland Exercise 阶梯状转弯练习 J-Turns (revisit from Sliding) J 字型转弯 (重新尝试滑动章节中的动作) Walking Through Turns 走步模拟转弯 Beginner Turns 初学者转弯 |
| V. FLOW 流畅滑行 To learn to explore the mountain safely. 如何安全的探索雪山 | Novice Turns 新手转弯 | Add Traverse Between Turns 在转弯中增加横贯雪道滑行 Traverse with Flexion/Extension 横贯雪道时加入身体的屈曲/伸展 Novice Turns (flex after fall line) 新手转弯 (过滚落线后屈曲) Speed Control: 4 S's (Speed = Shape, Size, Slope) 速度控制: 4S 要素 (速度=弯的形状, 尺寸, 坡度) Sliding 360's 推雪式 360 度转 Hopping in Traverses 横贯雪道中跳跃 |

***Note:** During the Level 2 course, candidates may be asked to perform many of the above maneuvers “switch” (opposite of their natural stance).

注: 在二级课程中, 考生可能会被要求用“反脚”来做出以上动作 (与自然站姿相反)

TECHNICAL PRESENTATION: 技术讲解 :

INTRODUCING NEW SKILLS

介绍新技巧

Reference: CASI Reference Guide (pp.93-99)

参考 : CASI 参考指南 (pp. 93-99)

GOALS 目标

At the end of the session, you will have explored the following points:

本节结束后, 你将会了解以下要点 :

- The use of the Building Block method of presentation for structuring intermediate lessons.
- 通过积木式教学方法来组织中级课程。
- Tools and tactics for introducing intermediate riders to new skills (including un-groomed or variable terrain / basic terrain adaptation, basic freestyle skills, and carving).
- 向中级水平学员介绍新技巧的工具和策略 (包括在未机压雪道或者多种地形/基本的地形适应力, 基础自由式技巧, 和刻滑)。

SAMPLE PROGRESSIONS

举例过程

INTRODUCING TERRAIN ADAPTATION SKILLS:

介绍适应地形技巧 :

Focus: Exploring varied terrain, and developing absorption skills.

重点关注 : 探索多种地形, 提高吸收技术

| SKILLS 技巧 | SUGGESTED PROGRESSION 建议步骤 |
|--|--|
| Position & Balance 站姿与平衡 | <p>1: <i>Static:</i> On flat terrain, ensure upper/lower body alignment to ensure mobility in lower body. Exercise: Slow up/down movement with eyes directed forward, and back hand over the tail.</p> <p>静态 : 在较平的地形上, 通过上/下半身站姿对其且一直来确保下半身的灵活性。练习 : 上下半身缓慢起降, 目视前方, 后手自然垂在板尾上方。</p> <p>2: <i>Active:</i> Apply this position to a slow traverse across a bumpy section of terrain. Exercise: Slow Traverse – eyes forward, back hand over tail, mobile lower body.</p> <p>动态 : 应用静态练习的站姿缓慢横贯颠簸的 (有包的) 地形。练习 : 缓慢横贯雪道-通过目视前方, 后手自然垂在板尾上方, 下半身的灵活。</p> <p>3: <i>Free:</i> Practice and mileage.</p> <p>自由练习 : 练习和增加里程数。</p> <p>4: <i>Experimentation:</i> Continued practice and mileage, experiment with toe vs. heel side edges, and varying speeds and size of bumps.</p> |

| | |
|--|---|
| <p>-----</p> <p>Pressure</p> <p>压力</p> | <p>实验：继续练习和增加里程数，体验横贯时用脚尖刃和脚跟刃，和不同的速度与不同包的大小。</p> <p>-----</p> <p>1: <i>Static</i>: On flat terrain, practice up/down movements for absorption. Exercise: Slow up/down movement with eyes directed forward, and back hand over the tail. Ensure large range of motion.</p> <p>静态：在较平的地形上，通过关节让身体上下起降来练习吸收。练习：缓慢的上/下，起/降动作同时目视前方，后手自然垂在板尾上方。动作幅度尽量大一些。</p> <p>2: <i>Active</i>: Apply this movement to a slow traverse across a bumpy section of terrain. Exercise: Slow Traverse with absorption – eyes forward, back hand over tail, mobile lower body. Goal is to maintain contact with snowboard on snow.</p> <p>动态：应用静态练习的站姿缓慢横贯颠簸的（有包的）地形。练习：缓慢且带有吸收横贯雪道-通过目视前方，后手自然垂在板尾上方，下半身的灵活。以雪板保持接触雪为目标。</p> <p>3: <i>Free</i>: Practice and mileage on toe and heelside.</p> <p>自由练习：练习和增加在脚尖与脚跟刃的里程数。</p> <p>4: <i>Experimentation</i>: Continued practice and mileage, experiment with toe vs. heel side edges, and varying speeds and size of bumps. Direct eyes forward to anticipate changes in pressure.</p> <p>实验：继续练习和增加里程数，体验横贯时用脚尖刃和脚跟刃，和不同的速度与不同包的大小。通过目视前方来预判压力的改变。</p> |
|--|---|

INTRODUCING FLATLAND TRICKS:介绍平花技巧：**Focus:** Introducing students to basic flatland manoeuvres.**关注重点：**向学生介绍基础的平花动作。

| SKILLS 技巧 | SUGGESTED PROGRESSION 建议步骤 |
|--|---|
| Position & Balance 站姿&平衡 Pivot 轴转 Pressure 压力 | <p>Nose & Tail Presses 板头&板尾平衡</p> <p><i>1: Static:</i> Move COM (hips) both down (to enhance stability) and fore/aft over nose and tail. Experience the range of motion required on flat terrain.</p> <p>静态：将质心（髋部）降低（提高稳定性）同时向前移向板头或向后移向板尾。在较平的地形体验所需运动幅度。</p> <p><i>2: Active:</i> Apply these movements of the COM to moving on easy terrain. Keep eyes up and looking ahead to anticipate changes in balance.</p> <p>动态：将质心移动动作应用到较容易的地形。注意抬头看向行进方向，预备好应对平衡上的变化</p> <p><i>3: Free:</i> Practice and mileage.</p> <p>自由练习：练习和增加里程数。</p> <p><i>4: Experimentation:</i> Try nose and tail presses on different edges (toe and heelside), on different slopes, and at different speeds.</p> <p>试验：在不同坡度，不同速度情况下，尝试在不同刃上（脚尖刃和脚跟刃）做出板头板尾平衡</p> <p>Nose & Tail Presses With Rotation 带旋转板头板尾平衡</p> <p><i>1: Static:</i> Move COM (hips) both down (to enhance stability) and fore/aft over nose and tail. Add rotation with head, eyes, arms (shoulders) and hips.</p> <p>静态：将质心（髋部）降低（提高稳定性）同时向前移向板头或向后移向板尾。通过头部，视线，手臂（肩膀）和髋部的转动加进旋转运动。</p> <p><i>2: Active:</i> Apply these movements moving on easy terrain. Keep eyes up and looking ahead to anticipate changes in balance, and use the COM to execute rotation.</p> <p>动态：将质心移动动作应用到较容易的地形。注意抬头看向行进方向，预备好应对平衡上的变化。同时运用身体质心来做出旋转动作。</p> <p><i>3: Free:</i> Practice and mileage. Focus on single tasks (e.g.: frontside rotations only).</p> <p>自由练习：练习和增加里程数。每次只关注做好一个动作（如只做外转动作）</p> <p><i>4: Experimentation:</i> Try different combinations of rotations (frontside / backside), as well as nose / tail presses.</p> <p>实验：尝试将多种旋转运动相结合（外转/内转），并加入板头/板尾平衡。</p> |

INTRODUCING JUMPING: 介绍起跳：**Focus:** Introducing students to getting air.

关注重点：向学生介绍滞空

| SKILLS 技巧 | SUGGESTED PROGRESSION 建议步骤 |
|---|---|
| <p>Pressure 压力</p> <p><i>Pop:</i> Using the quick extension of both legs to assist in getting air. Pressure release happens due to vertical movement loading the legs and the snowboard. Legs retract in the air and extend to absorb landing.</p> <p>利用双腿的快速伸展来获得滞空。通过垂直运动将能量储存在腿和雪板里之后再加以释放。滞空时收起双腿，落地时伸展吸收。</p> <p><i>Ollie:</i> Using the energy stored in the tail of the snowboard to propel the rider into the air.</p> <p>利用雪板板尾储存的能力将滑雪者弹起。</p> | <p>Pop 双脚起跳</p> <p>1: <i>Static:</i> Move COM down, and extend by “pressing” through the snowboard. With increased force of extension, riders will begin to “hop” off the snow.</p> <p>静态：将身体质心降低，之后通过向下“压”雪板来做出伸展。随着伸展力量的增加，滑雪者就会从雪上“弹”起来。</p> <p>2: <i>Active:</i> On easy terrain without bumps/jumps, practice popping. Focus on soft landings.</p> <p>动态：在没有雪包和跳台的简单地形上练习双脚起跳。重点在于体会轻柔的落地。</p> <p>3: <i>Free:</i> Use terrain features to assist with the pop (small bumps).</p> <p>自由练习：利用地形特点来协助练习双脚跳（小包之类的）</p> <p>4: <i>Experimentation:</i> Using different features to challenge the skill of popping. Timing & Coordination plays a role here in timing when to lower COM, when to extend, and how quickly to extend.</p> <p>实验：使用不同特点的道具障碍来挑战双脚起跳的技巧。时机和协调性此时会发挥作用，选择正确时机来降低质心，做出伸展，以及用多快的速度做出伸展。</p> <p>Ollie 板尾起跳</p> <p>1: <i>Static:</i> Move COM down, and shift the snowboard forward (placing weight on the back foot). Extend the back leg rapidly (similar to popping). In the air, retract both legs, and land softly.</p> <p>静态：降低质心并将雪板向前推（将身体重量置于后脚）。后腿快速的伸展（与双脚起跳相似）。滞空过程中，收起双腿，然后轻柔落地。</p> <p>2: <i>Active:</i> On easy terrain without bumps/jumps, practice ollies off of a flat base. Focus on soft landings on both feet.</p> <p>动态：在没有雪包和跳台的简单地形上练习不用刃的板尾起跳。重点在于轻柔的双脚落地。</p> <p>3: <i>Free:</i> Practice ollies with varying timing / speed.</p> <p>自由练习：利用不同的时机/速度来练习板尾起跳。</p> <p>4: <i>Experimentation:</i> Practice ollies off of a flat base, as well as off of each edge. Experiment with changes due to edging.</p> <p>实验：练习不用刃的板尾起跳，同时也练习用脚尖刃或脚跟刃的板尾起跳。体会用刃与不用刃的改变。</p> |

INTRODUCING CARVING:介绍刻滑：**Focus:** Introducing students to carving.

关注重点：介绍学生刻滑。

| SKILLS 技巧 | SUGGESTED PROGRESSION 建议步骤 |
|-----------|---|
| Edging 用刃 | <p>INTRODUCING CARVING</p> <p>介绍刻滑</p> <p><i>1: Static:</i> Discuss sidecut and edging, and removal of pivot in carving. Exercise: Static Edging Exercise – use of hips, knees, ankles in edging. Equal weight between front and back foot.</p> <p>静态：讨论边刃和用刃，和刻滑里不存在轴转。练习：静态立刃练习-利用髋关节，膝关节和踝关节来立刃。重量平均分配在前后脚。</p> <p><i>2: Active:</i> Create pure edge (pencil line) in a traverse. Exercise: Carved Traverse – in a shallow traverse, on flatter terrain, practice pencil line traverses.</p> <p>动态：在横贯雪道时完全立刃（铅笔线）。练习：刻滑横贯雪道-在雪较薄，较平的地形下横贯雪道留下铅笔线。</p> <p><i>3: Free:</i> Practice traverses with added speed, and gradually increase the starting angle of the traverse to add additional downhill / uphill travel (remember risk management!).</p> <p>自由练习：练习横贯雪道时，通过增加速度，和逐渐增加立刃角度使横贯线路更加向山上/山下（谨记控制风险）。</p> <p><i>4: Experimentation:</i> Experiment with adding edge change during traverse to create carved turns. Exercise: Basic Carved Turns – on very forgiving terrain, have students link pencil lines by making round, pencil line turns.</p> <p>实验：尝试横贯雪道时加入换刃从而开始刻滑转弯。练习：基础刻滑转弯-在容错率非常低的地形上，让学生通过更圆润，更细的铅笔线来衔接弯到弯。</p> <p>—</p> <p>DEVELOPING CARVING</p> <p>提高刻滑</p> <p><i>1: Static:</i> How to get a turn shape vs riding the sidecut? Exercise: Static Edging Exercise – use of hips, knees, ankles in edging. Equal weight between front and back foot.</p> <p>静态：如何获得转弯形状通过使用有效刃？练习：静态立刃练习-利用髋关节，膝关节和踝关节来立刃。重量平均分配在前后脚。</p> <p><i>2: Active:</i> Create a pure edge (pencil line) with the emphasis on the entry of the turn. Exercise: Edge roll and set at the top of the turn .</p> <p>动态：在入弯时完全纯用刃（铅笔线）去转弯。练习：在弯的顶端进行滚刃。</p> <p><i>3: Free:</i> Roll and set the edge at top of the arc then add flexion through the</p> |

| | |
|--|---|
| | <p>turn. Break carve at end of the arc as terrain/speed dictates.</p> <p>自由练习：在弧的顶部滚刃入弯然后转弯过程加入折叠。通过地形和速度引导下在弧底结束刻滑。</p> <p>4: <i>Experimentation</i>: Carved Turns - on various terrain / pitches. Link pencil lines by making round, pencil line turns.</p> <p>实验：刻滑转弯-在不同地形/场地下。连接起圆润的铅笔线转弯。</p> |
|--|---|

TECHNICAL PRESENTATION: 技术讲解：

DEVELOPING INTERMEDIATE SKILLS 提高中级技巧

Reference: CASI Reference Guide (pp. 89-92)

参考：CASI 参考指南 (pp. 89-92)

GOALS 目标

At the end of the session, you will have explored the following points:

通过本章学习，你将了解以下要点：

- The use of the *Whole-Part-Whole* method of presentation for structuring intermediate lessons.
通过使用全部-部分-全部的讲解方法来组织中级教学课程。
- Tools and tactics for developing riding skills in intermediate lessons.
在提高中级滑行技巧的课程中使用的教学工具和方法。
- Exercises to assist in introducing developing the Skills Concept skills.
如何提升介绍技巧所用到的技巧的练习。

WHOLE-PART-WHOLE SEQUENCE 全部-部分-全部的次序

- **Whole:** Analysis of existing skills. Use of the Core Competencies to establish the goal.
全部：分析现有的技巧。通过核心能力去指定目标。
- **Part:** Skill-focused refinement, through the use of tactics / exercises. Experience new movements and sensations.
部分：技巧-为主去改善，通过方法/练习。体会新的动作和感受。
- **Whole:** Re-introduce new movements into riding skills in similar terrain.
全部：在类似的地形中再一次-介绍新的动作到滑行中。

DEVELOPING SLIDING & CARVED TURNS

提高搓雪&刻滑转弯

Sliding Turns Focus: Adding board performance and reducing turn size of sliding turns.

搓雪转弯关注点：融入雪板表现力，做出更小半径的搓雪转弯。

Carved Turns Focus: Increasing ability of students to create carved turns in easy terrain.

刻滑转弯的关注点：在简单地形上增加学生能力做出刻滑转弯。

| COMPETENCY / OUTCOME 能力/结果 | SKILL & SUGGESTED TACTICS: REFINING SLIDING TURNS 技巧&建议方法：改善搓雪转弯 | SKILL & SUGGESTED TACTICS: REFINING CARVED TURNS 技巧&建议方法：改善刻滑转弯 |
|--|--|---|
| CENTRED & MOBILE POSITION | POSITION & BALANCE 站姿&平衡 <ul style="list-style-type: none"> • 'Switching Hands' Exercise (alignment and use of core) | POSITION & BALANCE / EDGING 站姿与平衡 / 用刃 <ul style="list-style-type: none"> • Static Edging Exercise (Inclination |

| | | |
|--|--|--|
| 居中及灵活站姿 | <p>“调换手”练习 (通过核心来对其)</p> <ul style="list-style-type: none"> Sliding 360's (centred position, lower COM for stability) <p>搓雪 360 (居中站姿, 降低质心保证稳定性)</p> | <p>vs. Angulation)</p> <p>静态立刃练习 (倾侧 vs. 屈曲)</p> <ul style="list-style-type: none"> Hopping in traverse <p>斜滑降时双脚跳</p> |
| TURNING WITH THE LOWER BODY 下半身带动转弯 | <p>PIVOT / EDGING 轴转/用刃</p> <ul style="list-style-type: none"> 'Headlight on Knees' Exercise “膝盖上的大灯”练习 Garland Exercise 阶梯式练习 'Spray The Trees' Exercise “向树上溅雪”练习 | <p>EDGING 用刃</p> <ul style="list-style-type: none"> Arms Restricted (crossed, on hips, etc). 限制手臂动作 (交叉, 至于髋部, 等) 'Sidecut Turns' / 'Rail To Rail' Exercise “边刃转弯”/“刃到刃”练习。 |
| BALANCE ALONG THE WORKING EDGE 在使用的板刃上平衡 | <p>EDGING / PRESSURE 用刃/压力</p> <ul style="list-style-type: none"> 'No High-backs' Analogy (heelside only) “无后背板”比喻 (仅限脚跟刃) Clock Face Analogy 钟表指针比喻 'Spray The Trees' “向树上溅雪” Hop to change edges (flex in turn) 双脚起跳换刃 (转弯时屈曲) Traverses with flexion 横贯雪道时屈曲 | <p>POSITION & BALANCE / EDGING 站姿&平衡/用刃</p> <ul style="list-style-type: none"> Stop n' Hop's 刹停起跳 Drinks on Shoulders Analogy 不让肩膀上的水洒下来比喻 Cowboy Knees 牛仔站姿 Carved traverse with slow vertical movement 刻滑横贯雪道时做缓慢的垂直起降运动 |
| TIMING & COORDINATION SKILL 时机&协调性技巧 | <ul style="list-style-type: none"> Counting for symmetry and quickness 通过计数来滑出对称弯形以及快速换刃 Follow the Leader for coordination challenge 跟随领队滑行来应对协调性上的挑战 | |

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) :

DAY 3:第三天

POSITIVE ELEMENTS: 积极要素:

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

DAY 4:第四天

POSITIVE ELEMENTS: 积极要素:

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

NOTES:备注:

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, typical of notebook or primary school writing paper. The background is white, and there are no margins, text, or other markings present.

WHAT'S NEXT?

下一步是什么？

We would like to thank you sincerely for taking the time to attend the Level 2 course.

在此诚挚感谢你们参加二级课程。

If you have not completed either component of the Level 2 course...

如果你未完成二级课程中的任何一项.....

Candidates who are unsuccessful in *both* the teaching and riding components of the Level 2 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 Level 2 Evaluator to receive additional tips and feedback. Check with your local resort's snow school for more information.

未能成功通过二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 二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 Level 2 course...

如果你完成了二级课程中的一项.....

Candidates who successfully complete *either* of the teaching or the riding components of the Level 2 course are eligible for the re-test 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 re-take the course before re-testing the remaining component.

成功通过二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 National Course Schedule to schedule your re-test.

经过一定时间的练习和提高后，请查询二级课程安排表来安排补考时间。

If you've successfully completed the Level 2 Instructor certification...

如果你成功完成了二级教练认证.....

Congratulations! On behalf of the Canadian Association of Snowboard Instructors, we would like to congratulate you on your successful completion of this certification.

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二级课程。

Now is the time to gain valuable experience – take the new skills you’ve obtained and use them in teaching. To expand and develop your skills, take advantage of CASI’s development programs, or look toward further levels of certification, including the Level 3 Instructor course.

现在你可以考虑获得宝贵的体验了-把你获得的新技巧运用到教学当中。要扩展和提高你的技术，你可以多加利用 CASI 的发展项目，或进一步取得更高级别的资格认证，包括参加三级教练课程。

Please visit the CASI web site (www.casi-acms.com) to learn about all of the membership benefits that are available to you.

请访问 CASI 网站(www.casi-acms.com) 来了解你所享有的会员权益。

All the best!祝好！



Geneviève Pilotto
Program Director

项目总监

www.casi-acms.com

© 2023 Canadian Association of Snowboard Instructors
All Rights Reserved