

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>
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	<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>
TECHNICAL (RIDING) ASSESSMENT 技术（滑行）评估	
<p><i>Riding Evaluation Criteria:</i> 滑行评估标准：</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><u>Specific Technical Outcomes</u> <u>具体技术成果</u></p> <ul style="list-style-type: none"> • Displays a centred & mobile position in beginner, novice and intermediate terrain: 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: 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)

	<p>使用同向旋转动作（而不是反拧）</p> <ul style="list-style-type: none"> ○ Turns show round shape and symmetry <p>弯形圆润且对称</p> <ul style="list-style-type: none"> ● Shows ability to balance along the working edge in beginner, novice and intermediate terrain: <p>在初级，新手和中级地形展现出在使用的板刃上平衡</p> <ul style="list-style-type: none"> ○ Combines inclination with angulation <p>综合运用倾斜和折叠</p> <ul style="list-style-type: none"> ○ Demonstrates edge grip <p>展现板刃抓地力</p> <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 中级水平搓雪转弯: 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) 初学者转弯（正脚和反脚方向）: 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) Carved Traverse 刻滑横贯雪道: Performed on a very shallow slope, candidates must demonstrate a carved traverse on both toe and heelside edges, showing a narrow pencil-line track (no pivot or skidding). 在一个非常缓的斜坡上演示，考生必须在脚尖刃和脚跟刃上示范横贯雪道，展现一条窄的铅笔线痕迹（不能轴转和推雪）
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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，传达之所以采用所选改善方式的重要性。</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>
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).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 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）</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>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>
Balance Along The Working Edge 在使用的板刃上平衡	<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>
Mandatory Maneuver 必要动作: Intermediate sliding turn 中级搓雪转弯	<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</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</p>

	<p>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>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><i>Mandatory Maneuver</i> 必要动作: 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><i>Mandatory Maneuver</i> 必要动作: Carved Traverse 刻滑横切雪道</p>	<p>Shows consolidation in the execution of carved traverses, in applicable terrain, on both edges. 在适用的地形，扎实的演示在两侧板刃板刃刻滑横贯雪道。</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，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 carved traverses, 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. 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?

你的教学中最重要的两个部分是什么？

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</p>