

SNOWBOARD INSTRUCTOR ANWÄRTER – LEVEL 1+2

Course length: 10 days

The content of the Snowboard Anwarter level qualification is the development of the educational goals starting with the introduction to “carving tipping turn” and “freestyle basics”. In addition to this, participants also improve their own skills.

| Break-down of hours: LEVEL 1 + 2 – MODULAR SB-ANWÄRTER | | | |
|---|-----------------|---|--------------|
| THEORY | Sessions | PRACTICAL | Hours |
| Biomechanics | | Methodology | 20 |
| General | 2 | Intro | |
| Specifics | 2 | Basics | |
| Teaching Methodology | | Turns | |
| Methodical | 2 | <i>Drifted turn with weight-shift</i> | |
| Instructional | 2 | <i>Drifted turn with up-unweighting</i> | |
| Freestyle | 1 | <i>Inclined carving turn</i> | |
| English | 2 | Freestyle | |
| Equipment | 2 | <i>Freestyle Basics</i> | |
| Teaching children | 2 | <i>Freestyle Box: 50/50</i> | |
| Snow and Avalanche | 2 | Program for children | 5 |
| Safety | 2 | Technical program | 15 |
| Occupation “Snowboard Instructor” | 2 | Methodical exercises | 10 |
| Tourism | 2 | | |
| History of Snowboarding | 1 | PRACTICAL WORK IN THE SKI SCHOOL | 50 |
| Work in groups | 2 | | |
| Board Tuning | 1 | | |
| Video Analysis | 3 | | |
| First Aid | 3 | | |
| In total | 33 | In total | 100 |
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| THEORY DURING THE EXAMINATION | | PRACTICAL EXAMINATION | |
| Biomechanics | | Examined Runs | |
| Teaching methodology/Freestyle | | <i>Drifted turn with weight-shift</i> | |
| Teaching Children | | <i>Drifted turn with up-unweighting</i> | |
| Snow and avalanche | | Freestyle Basics | |
| Equipment | | Carving | |
| English | | | |
| Safety | | Practical Methodology | |
| | | Practical Teach | |
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