

COURSE CONTENT

SNOWBOARD INSTRUCTOR - QUALIFICATION

**VIENNA SKI AND SNOWBOARD ASSOCIATION
SNOWSPORTS ACADEMY**

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LANDES LEVEL QUALIFICATION FOR THE SNOWBOARD INSTRUCTOR (Level 3)
BREAK-DOWN

SNOW SPORTS INSTRUCTOR QUALIFICATION - SNOWBOARD

QUALIFICATION PATH							MODULAR QUALIFICATION PATH						
		DAYS	HOURS	THEORY	EXPER.	PRACT.		DAYS	HRS	THEORY	EXPER.	PRACT.	
LEVEL 1 +							LEVEL 1	NATIONAL SB INSTRUCTOR	5	49	14	25	10
LEVEL 2	SB-INSTRUCTOR-ANWÄRTER	10	132	33	50	50	LEVEL 2	SB ANWÄRTER MODULE	6	98	19	30	50
LEVEL 3	LANDES-SB-INSTRUCTOR	10	132	34	50	50	LEVEL 3	SB INSTRUCTOR ANWÄRTER	11	147	33	55	60
	ALPINE COURSE	7	59	24	35		LEVEL 3	LANDES SB INSTRUCTOR	10	132	34	50	50
		17	191	58	85	50		ALPINE COURSE	7	59	24	35	
LEVEL 3	AUSTRIAN LANDES-						LEVEL 3	AUSTRIAN LANDES-	11	191	58	85	50
ISIA	SNOWBOARD INSTRUCTOR	27	323	91	135	100	ISIA	SNOWBOARD INSTRUCTOR	28	338	91	140	110
LEVEL 3+	SNOW SPORTS INSTRUCTOR						LEVEL 3+	SNOW SPORTS INSTRUCTOR					
	SKI INSTRUCTOR ANWÄRTER							SKI INSTRUCTOR ANWÄRTER					
	MODULE	5	45	20	25			MODULE	5	45	20	25	
	SNOW SPORTS INSTRUCTOR SB	42	418	111	210	100		SNOWSPORTS INSTRUCTOR SB	43	433	111	215	110

The path to becoming a **Landes Snowboard Instructor (Level 3)** starts with gaining the qualification for the **Snowboard Instructor Anwärter (Level 1+2)**. This qualification can be completed taking the 10 day Snowboard Anwärter course (**Level 1+2**) or the **National Snowboard Instructor (Level 1)** 5 day module together with the **Snowboard Instructor Anwärter (Level 2)** 6 day module.

This qualification is needed in order to continue through the both qualification systems **Landes Snowboard Instructor (Level 3)** and **Alpine course**. There are 10 days of practical work to do in a ski school during both qualification systems **Snowboard Instructor Anwärter (Level 1+2)** and **Landes Snowboard Instructor (Level 3)**. A **Landes Snowboard Instructor (Level 3)** qualification is a prerequisite to taking the Alpine course module.

A successful completion of the qualifications together with the practical working hours leads to the **Snowboard Instructor Landes (Level 3)** qualification. This qualification is internationally regarded as equivalent to the international ISIA qualification. In addition a **Ski Anwärter** 5 day module can be completed in order to gain a **Snow Sports Instructor in Snowboard** qualification (**Level 3+**).

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
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	

ALTERNATIVE: MODULAR QUALIFICATION NATIONAL SB INSTRUCTOR – LEVEL 1

Course duration: 5 days

The content of the Snowboard Instructor qualification (Level 1) is the development of the progressional steps starting with the “Introduction” to “Inclined carving turn” and “freestyle basics”. The emphasis is placed on a beginner's lesson. The following focus is on teaching children and young people.

Timetable: LEVEL 1 – NATIONAL SB INSTRUCTOR			
THEORY	Number of Sessions	PRACTICAL	Hours
Biomechanics		Methodology	10
General	2	Intro	
Specifics	2	Basics	
Teaching Methodology		Turns	
Methods	2	<i>Drifted turn with weight-shift</i>	
Instructional	2	<i>Inclined carving turn</i>	
Equipment	2	Freestyle	
Kids Lessons	2	<i>Freestyle Basics</i>	
Group work	1	<i>Freestyle Box: 50/50</i>	
Video Analysis	1	Program for Children	5
		Technical Program	5
		Methodical Exercises	5
		PRACTICAL WORK IN THE SKI SCHOOL	10
Total	14	Total	35
EXAMINED THEORY SUBJECTS		PRACTICAL EXAMS	
Biomechanics		Examined Runs	
Teaching Methodology		<i>Drifted turn with weight-shift</i>	
Kids Lessons		Inclined carving turn	
Equipment		Freestyle Basics	

ALTERNATIVE: MODULAR QUALIFICATION NATIONAL SB ANWÄRTER – LEVEL 2

Course duration: 6 days

The content of the SB Anwarter qualification (Level 2) is the improvement of the already existing skills and building on the content from the Level 1 qualification.

Timetable: LEVEL 2– MODULE SB ANWÄRTER			
THEORY	Number of Sessions	PRACTICAL	Hours
English	2	Methodology	5
Freestyle	2	Introduction	
Snow and Avalanche	2	Basics	
Safety	2	Turns	
Teaching Methodology	1	<i>Drifted turn with weight-shift</i>	
History of Snowboarding	1	<i>Drifted turn with up-unweighing</i>	
Tourism	1	<i>Carving</i>	
Group work	1	Freestyle	
Equipment	1	<i>Freestyle Basics</i>	
Video Analysis	3	Technical Program	20
First Aid	3	Methodical Exercises	5
		PRACTICAL WORK IN THE SKI SCHOOL	50
Total	18	Total	80
EXAMINED THEORY SUBJECTS		PRACTICAL EXAMINATION	
Biomechanics		Examined Runs	
Teaching Methodology/Freestyle		<i>Drifting turn with shifting the weight</i>	
Teaching Children		<i>Drifting turn through unloading the pressure</i>	
Snow and avalanche		Freestyle Basics	
Equipment		Carving	
English		Practical methodology	
Safety		Practical Teach	

LANDES SNOWBOARD INSTRUCTOR LEVEL 3

Course duration: 10 days

Within the Landes Snowboard Instructor qualification (Level 3) Course the candidates are prepared for the final Landes Snowboard Instructor exam in front of the commission. The main practical and methodical focus is on the subjects "Introduction", "Carving in different forms", "Short turn", strengthening the "Freestyle Basics", Fun Park, preparation for the GS and strengthening riding skills off piste. The future Landeslehrer also gains a huge amount of knowledge about the physical and psychological elements of snowboarding.

Timetable: LEVEL 3 - LANDES SNOWBOARD INSTRUCTOR			
THEORY	Number of Sessions	PRACTICAL	Hours
Biomechanics		Methodology	10
General	2	<i>Drifted turn with up-unweighing</i>	
Specifics	2	<i>Drifted turn with down-unweighing</i>	
Teaching Methodology		<i>Carving with up-unweighing</i>	
Methodical	4	<i>Carving with down-unweighing</i>	
Freestyle	2	<i>Short turns</i>	
Communication	2	Riding off piste	15
English	2	Technical program	5
Equipment	2	Giant Slalom	6
Snow and avalanche	4	Methodical exercises	5
First Aid	4	Freestyle	9
Kids and Teens	2	<i>Freestyle Basics</i>	
Occupation "Instructor"	2	<i>Kicker</i>	
Tourism and Environment	1	<i>Box</i>	
Group work	1		
Video analysis	4	PRACTICAL WORK IN THE SKI SCHOOL	50
In total	34	In total	100
THEORY EXAMINATION		PRACTICAL EXAMINATION	
Biomechanics		Examined Runs	
Teaching Methodology		<i>Drifted turn with up-unweighing</i>	
Equipment		<i>Short turns</i>	
Snow and avalanche		<i>Carving with up-unweighing</i>	
English		<i>Carving with down-unweighing</i>	
First Aid		Variables	
		Freeride	
		Rhythm Change	
		Freestyle	
		Switch Carving	
		Freestyle Basics	
		Rotation - Kicker (Easy-Line)	
		Straight-Jump - Kicker (Medium-Line)	
		Box)	
		Giant Slalom	
		Practical Methodology	
		Practical Teach	

MODULE SKI-ANWÄRTER – LEVEL 2

Course Duration: 5 Days

Within the Anwärter course we work on achieving level 1 and 2. The main focus is on a beginners' lesson with the objectives "Introduction" to "Snowplough Steering". In addition, the participants improve their own skills. The prerequisite for participation is the completed Snowboard Anwärter (Level 1 + 2).

Timetable: LEVEL 2 –MODULE SKI-ANWÄRTER			
THEORY	Number of Sessions	PRACTICAL	Hours
Theory of movement		Methodology	15
General	2	Introduction	
Specifics	2	Straight Running	
Teaching Methodology		Snowplough	
Methodical	2	Snowplough Turning	
Instructional	2	Edging	
English	2	Sliding	
Equipment	2	Snowplough Steering	
Teaching Children	2	Technical Program	5
Skiing History	1	Methodical Exercises	5
Group Work	2		
Ski Tuning	1		
Video analysis	2		
Total	20	Total	25
EXAMINED THEORY SUBJECTS		PRACTICAL EXAMS	
Biomechanics		Examination Runs	
Teaching Methodology		Snowplough Turns	
Teaching Children		Snowplough Steering	
Snow and Avalanche		Short Turns	
Equipment		Long Turns	
English			
Safety		Practical Methodology	
		Practical teach	

GENERAL GUIDELINES

Organisation and Implementation

WIENER SKI- UND SNOWBOARDLEHRER VERBAND (WSSV) – SNOWSPORTS ACADEMY

Locations, Duration and Costs

All current course information is available on the homepage: www.snowsports.at

Trainers

All trainers have the highest Austrian training qualification - state diploma - Staatliche Diplomschulelehrer (Level 4).

Course Completion

At the end of each course, examinations take place. The graduates receive a confirmation/certificate with the qualification of the attained level of education in accordance with the provisions of the Viennese State Law (Wiener Landesgesetz).

Registration and Registration Deadline

All courses are available online at www.snowsports.at. No spoken or telephone registration will be accepted.

Participation after the registration deadline is only possible if free places are available. The application is binding. (further information in the conditions of participation and cancellation)

Training Documents

The official teaching materials can be collected directly at the course. During the Anwärter course the documents are included in the price.

Mandatory Attendance

The candidate is obliged to attend every day of the course. The course fees are a flat rate and there is no refund for late arrival or earlier departure.

Proof of Work Experience

A period of ten days working in a ski school is prescribed between the courses and must be proven with a confirmation from the ski school at the start of the course.

Membership

The membership can be purchased at the courses, on-site or online.

Age of Participation

Only persons who have reached the age of 16 may be admitted to the Landesschulelehrer course. The examination however, can only be taken by those 18 years of age and over.

EXAMINATION RESITS

If a test is not passed, a resit at a Snowsports Academy course is to be completed. If more than 3 practical test parts are not passed, a complete course repetition is recommended. A resit must be carried out within a period of max. 3 years, after course completion, otherwise a course repetition is required.

Registration for a resit

Registration for a resit is only possible online at www.snowsports.at no later than 7 days before the exam day. The examination fee is to be transferred immediately after registration.

Meeting Point for resits

The dates for resitting an exam are available on the homepage. Participants in the re-examination are obliged to be present at the opening of the examination in the respective hotel.

Training camp for resits

There is the possibility to prepare for the resits as part of a training camp. The training camp will be offered for the Anwärter Ski (level 1+2), Anwärter SB (level 1+2), Ski Landeslehrer (LS1 + LS2) and SB Landeslehrer. There is also the possibility of a special preparation by the RTL-camp, off-piste camp or the mogul camp. Registration for a training camp is only possible online at www.snowsports.at

HOUSE RULES DURING THE COURSES

- Skis and Snowboards are to be kept only in the Ski-room
- A Ski-depot is also available on the mountain
- NO SKIS, SNOWBOARDS OR BOOTS IN THE ROOMS!!!
- Only tune equipment in the designated areas
- Empty bottles, cans, please dispose of and do not leave lying around
- Keep the rooms tidy. It is not possible for the chambermaids to do their job when there are things lying around
- Smoking is forbidden in the Hotel, only smoke in the designated smoking area and use the ashtrays provided
- Quiet after 11pm in the rooms and hallways
- The participant is liable for any damages in the rooms

DAILY ROUTINE

Approximate daily schedule (subject to change):

Breakfast from 07:00

08:00 Bottom station of the lifts

PRACTICAL SESSIONS

09:00 - 12:00

13:00 - 14:30

THEORY SESSIONS

Afternoon or evening in the hotel