

MODULE SB-ANWÄRTER – LEVEL 2

Course Length: 5 Days

The content of the module SB-Anwärter is the development of teaching the objectives "Intro" to "Drifted Turns". In addition, the participants' own skills are improved. The prerequisite for participation is the completed Skilehrer Anwärter (Level 1+2).

Break-down of hours: LEVEL 2 – MODULAR SB-ANWÄRTER			
THEORY	Sessions	PRACTICAL	Stunden
Biomechanics		Methodology	15
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-unweighing</i>	
English / German	2	<i>Inclined carving turn</i>	
Equipment	2	Freestyle	
Kids Lessons	2	<i>Freestyle-Basics</i>	
Snowboarding History	1	<i>Freestyle Box: 50/50</i>	
Group Work	2		
Board Tuning	1		
Video Analysis	2		
		Technical Program	5
		Methodical Exercises	5
Total	20	Total	25
EXAMINED THEORY SUBJECTS		PRACTICAL EXAMS	
Biomechanics		Examined Runs	
Teaching Methodology		Drifted turn with weight-shift	
Kids Lessons		Drifted turn with up-unweighing	
Snow and Avalanche		Freestyle Basics	
Equipment		Free run - Carving	
English / German			
Safety and Danger		Practical Methodology	
		Practical Teach	