

LANDESSKILEHRER 2 – LEVEL 3 PART 2

Course Length: 10 Days

Within the Landesskilehrer 2 – Level 3 Part 2 Course the candidates are prepared for the final Landesskilehrer exam in front of the commission. The main practical and methodical focus is on the subjects "Snowplough Steering" to "Dynamic Long and Short Turns" Other focuses include, preparation for the Giant Slalom and off-piste technique. The future Landesskilehrer also gains a huge amount of knowledge about the physical and psychological elements of skiing.

Break-down of hours: LEVEL 3 Part 2 - Landeslehrer 2			
THEORY	Sessions	PRACTICAL	Stunden
Biomechanics		Methodology	14
General	2	Snowplough Steering	
Specifics	1	Parallel long turns	
Fehleranalyse	1	Short Turns	
Teaching Methodology		Dynamic Long Turns	
Methodical	4	Dynamic Short Turns	
Englisch	2	Freeride	20
Equipment	2	Technical Program	5
Occupation "Ski Instructor"	2	Race	6
Snow and Avalanche	2	Methodical Exercises	5
First Aid	4		
Topography	1		
Tourism and Nature	1		
Group Work	1		
Video Analysis	4		
Total	27	Total	50
EXAMINED THEORY SUBJECTS		PRACTICAL EXAMS	
Biomechanics		Race	
Teaching Methodology		Variables	
Equipment		Off-piste	
Snow and Avalanche		Bumps / Moguls	
English / German		Rhythm Change	
First Aid		Demos	
		Snowplough Steering-Long Turns	
		Dynamic Long Turns	
		Dynamic Short Turns	
		Practical Methodology	
		Practical Teach	