

## 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).

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