

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	
		<i>Freeride</i>	
		<i>Rhythm Change</i>	
		Freestyle	
		<i>Switch Carving</i>	
		<i>Freestyle Basics</i>	
		<i>Rotation - Kicker (Easy-Line)</i>	
		<i>Straight-Jump - Kicker (Medium-Line)</i>	
		<i>Box)</i>	
		Giant Slalom	
		Practical Methodology	
		<i>Practical Teach</i>	