

LANDESSKILEHRER 1 – LEVEL 3 PART 1

Course Length: 10 Days

During the Landeslehrer 1 – Level 3 Part 1 course, the focus is on preparation for the Landeslehrer Exams (Level 3) with a main goal of bettering the candidates own technique on- and offpiste and in the Race course. Furthermore, “Parallel Turns” are built up and worked on.

| Break-down of hours: LEVEL 3 Part 1 - Landeslehrer 1 | | | |
|---|-----------|------------------------------|------------|
| THEORY | Sessions | PRACTICAL | Hours |
| Biomechanics | | Methodology | 5 |
| General | 2 | Snowplough Steering | |
| Specifics | 2 | Parallel Turns | |
| Teaching Methodology | | Dynamic Parallel | |
| Methodical | 2 | Freeride | 20 |
| Communication | 2 | Technical Program | 15 |
| English / German | 2 | Race | 6 |
| Freestyle | 2 | Freestyle | 4 |
| Race | 2 | | |
| Snow and Avalanche | 4 | | |
| Group Work | 1 | | |
| Video Analysis | 3 | | |
| | | SKI SCHOOL EXPERIENCE | 50 |
| Total | 22 | Total | 100 |
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| EXAMINED THEORY SUBJECTS | | PRACTICAL EXAMS | |
| Biomechanics | | Examined Runs | |
| Teaching Methodology | | Race Technique | |
| Freestyle | | Off-piste | |
| Snow and Avalanche | | Bumps / Moguls | |
| English / German | | Rhythm Change | |
| | | Snowplough Steering | |
| | | Parallel Turns | |