

Course: Ski Instructor's Preparation - ACT 228

Location: Montana Snowbowl/UC 330

Days/class time: 1pm - 4:20 pm Thursday

Coordinator: Andrew Morris

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Overview: ACTivities 228 is an introductory course to learn the skills and techniques to prepare a student to take the PSIA Level I certification course and exam.

Objectives:

1. Common Skills –Balance, Rotary, Edge control and pressure
2. Basic steps in learning-Exposure, Repetition and application
3. Movement Analysis-Exercises to correct Errors
4. Study material—ATS(American Teaching System), Core Concepts, and what is PSIA

Requirements (attire, equipment, etc.):

Attire: Six of the eight classes are held at Montana Snowbowl, therefore students should be prepared to be out in a winter alpine environment for an extended period of time. Ski pants, jacket, hat, gloves, and ski goggles are necessary.

Equipment: Alpine ski equipment is required (boots, poles and skis). Equipment can be provided by Montana Snowbowl for an additional fee.

Grading:

1. ACTivity Classes are graded credit/no-credit. Each registered student's grade is determined entirely on meeting minimum attendance and class participation requirements. Meeting these requirements is the student's responsibility. Students are not allowed to audit ACTivity Classes.
2. Punctual attendance and appropriate attire is required of all students. Students are required to be dressed out and ready to participate at the beginning of class, and participate for the duration of the class. Any student that is unable to participate for the duration of the class due to late arrival, early exit, or inappropriate attire will be marked absent. Students should plan accordingly to meet these requirements. Students will sign in at the Snowbowl Snowsport School Desk and again with their instructors when class begins. Students must do this in order to be counted as in attendance for the day.
3. Students are allowed one on-campus absence and one Snowbowl absence without jeopardizing their credit.
4. If a student misses more than the allowed absences, the student will receive a grade of NCR (no credit). This is not calculated into the student's GPA. However, the student will not receive the one credit for which they're registered. This may create financial aid and/or graduation consequences associated with not receiving credit for a course. **WE DO NOT EXCUSE ABSENCES OR OFFER MAKE-UP CLASSES FOR ANY REASON.**
5. Each registered student voluntarily and knowingly assumes the risks inherent to the activity in which they are participating. If a student is injured and cannot complete the minimum attendance and participation requirements, the H²PAC Office will assist the student with class withdrawal.

Accommodations: The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Disability Services for Students (DSS). If a student thinks he/she may have a disability adversely affecting their ACTivity Class participation or attendance, the student should contact DSS in Lommasson 154. The H²PAC Program may be able to work with the student and DSS to provide an appropriate accommodation. A student needing an accommodation for another reason should immediately notify the ACTivity Class Director; hence options for an accommodation that will not substantially alter the fundamental objectives of the course can be explored.

Any student requesting ACTivity Class accommodations for a religious observance should provide the ACTivity Class Director with a written request to consider a reasonable modification for that observance by the end of the second week of the ACTivity Class. If the Department of Health and Human Performance and the student cannot agree on a reasonable accommodation, the student may file a complaint with the Office of Equal Opportunity and Affirmative Action/Title IX Coordinator at 243-5710; www.umt.edu/eo

Safety:

Skiing is a high risk sport and involve risks from natural and Synthetic hazards a well as environmental conditions. Any student participating in Montana Snowbowl programs must be familiar and adhere to the Montana Skiers' Responsibility Code Act 23-2-736 MCA. Participants with existing medical conditions including pre-existing injuries should consult with a doctor before engaging in skiing or any physical activity in association with this class.

Semester schedule: **This schedule is subject to change at the instructor's discretion**

- Week 1 Introduction - Syllabus, class rules, and logistics for on-snow classes (held at University of Montana)
- Week 2 Assessment of their movement skills; safety awareness and responsibility code
- Week 3 Skill concepts for beginners, intermediate and advance
Stance, Balance, Directional movement, Functional Body alignment,
Lower body rotational movement, Edge release/Edge engagement,
Pressure Management, Pole usage/Arm movement,
- Week 4 Sensory- Cognitive, Auditory, Kinesthetic, Visual, Moguls
- Week 5 Further work on Week 4 concepts
Have student teach using the above movement based on students skill level;
- Week 6 Safety Aspects-Hill line up away from center of Run.
- Week 7 Review techniques and skills from week's 2-5
- Week 8 Introduction on avalanche safety (held at University of Montana)
- Week 9 Final on-snow date, shadow an actual lesson