Adaptive Level 1 Exam Day 1

1. Welcome/Introduce the Day 8:00-8:45
   a. Overall Schedule of the Day
   b. Review of Score Sheets
   c. Expectations of the Examiner of Exam Participants
      - Goals of Group Participation
      - Participation Goals of Each Individual
   d. Exam Participant Individual/ Personal Goals in Teaching/ Skiing
   e. Group Safety/ Management
   f. Ready to ski @ 8:45

2. Ski Tasks/Skills (Green/ Blue Terrain) 9:00-Noon
   a. Warm up run/Terrain Check
   b. Skiing Skills: Wedge, Wedge Christie, Basic Parallel, Dynamic Parallel
   c. Skiing Tasks: Side Slip, Pivot Slip, Falling Leaf, Garland Turns, Hourglass Turns, Synchro Ski, Free Ski
   d. Movement Analysis discussed during Skills and Tasks

3. Lunch 12:00-12:30

4. Review/Grade Take Home Workbook 12:30-1:30

5. Watch Video of Student w/Skier Assessment Sheet 1:30-2:00
   a. Review Assessment Sheets

6. Adaptive Teaching (Green/ Blue Terrain) 2:00-4:00
   a. Teaching Cycle/ Teaching Styles/ Guest Centered Teaching
   b. Learning Styles, VAK/ CAP
   c. Five Fundamentals of Skiing/ B.E.R.P
   d. On-Hill Movement Analysis of Student and Prescriptions for Change
   e. Sharing Info on Skill Development and Exercises

7. Preview Day Two
Adaptive Level 1 Exam Day 2

1. Welcome/Intro the Day/Recap Day One and Schedule 8:00-9:00
   a. Ready to Ski @ 8:30

2. Warm up run/Terrain Check (Blue Terrain) 9:00-9:30

3. Developmental/Cognitive Impairments (Green Terrain) 9:30-12:00
   a. Least Restrictive Environment
   b. Types of Impairments
   c. Safety Considerations
   d. Adaptations to the Teaching Model
   e. Terrain Choice
   f. Equipment/ Assisting Tactics(Why/How/When)
   - Bamboo poles, Tip clamp/tether, Assisted holds, Props/Game, Snow Slider

4. Lunch 12:00-12:30

5. Visual Impairments (Green/ Blue Terrain) 12:30-1:00
   a. Overview of VI
      Safety Considerations/ Vision Assessment/ Types of Visual Impairments
   b. Guiding Positions
      Front, Side, Back, Hands On
   c. Guiding Methods
      Verbal, Auditory, Grid, Clock

6. VI on Hill (Green/ Blue Terrain) 1:00-4:00PM
   a. Warm up/ Synchro Skiing Run
   b. VI Guiding
      - Student – Instructor Relationship
      - Specific Stop Commands/Emergency Stop
      - 5 Second Rule
      - Planning ahead (Reading terrain, crowds, conditions)
      - Guiding Commands (Left, Right, Hold. Stop)
      - Use of: Tone, Pattern, Cadence
      - Describing of Terrain:
      Fall line Snow conditions
      Pitch/change of pitch Obstacles
      Width of run Crowd Level

7. Examiner Grades Score Sheets/Presents Feedback 4:00-5:00PM