Adaptive Alpine Level 2 Exam Day 1

1. Welcome/Introduce the Day 8:00-9:00
   a. Overall Schedule of the Day
   b. Review of Score Sheets
   c. Expectations of the Examiner of Exam Participants
      - Group Participation/ Collaboration
      - Individual Participation/ Leadership
   d. Exam participant's Individual/ Personal Goals in Teaching/ Skiing
   e. Group Safety/ Management

2. Ski Tasks/Skills *(groomed/ ungroomed blue terrain)* 9:00-12:00
   a. Warm up run/Terrain Check
   b. *Skiing Skills*: Wedge, Wedge Christie, Basic Parallel, Dynamic Parallel
   d. Movement Analysis on each other during Tasks/ Discussion of Fundamental Mechanics of Skiing

3. Lunch 12:00-12:30

4. Bi Ski Tethering *(groomed blue terrain)* 12:30-3:00
   a. Fixed vs. Hand Held Outrigger Tethering
   b. Tether Maintenance
   c. Best Practice Safety Precautions
   d. Chair Lift Loading/ Unloading

5. Sit Ski Fitting/ Setup *(indoors)* 3:00-4:00
   a. Seat Style Selection
   b. Appropriate Padding
   c. Balance Tests
   d. Ski Selection
   e. Outrigger setup

6. Take Timed Multiple Choice Exam 4:00-4:30
Adaptive Alpine Level 2 Exam Day 2

1. Welcome/Intro the Day/Recap Schedule 8:00-8:30

2. Adaptive Teaching/ Movement Analysis *(indoors)* 8:30-9:30
   a. Teaching Progressions/ Model
   b. VAK/ CAP/ BERP/ Learning Connection
   c. Five Fundamentals of Skiing
   d. Student Evaluation
   e. On-Hill Movement Analysis of Student and Prescriptions for Change
   f. Sharing Info on Skill Development and Exercises

3. Three Track and Monoski *(groomed green/blue terrain)*
   9:30-12:30
   *(Why/How/When/Who)*
   a. Least Restrictive Environment
   b. Student Evaluation
   c. Equipment Setup
   d. Safety Considerations
   e. Terrain Choices
   f. Movement Analysis

4. Lunch 12:30-1:00

5. Four Track/ Snow Slider *(groomed green/blue terrain)*
   1:00-4:00
   *(Why/How/When/Who)*
   a. Least Restrictive Environment
   b. Student Evaluation
   c. Equipment Setup
   d. Safety Considerations
   e. Terrain Choices
   f. Movement Analysis

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