❖ Alpine Skiing Fundamentals
❖ Riding Fundamentals
❖ Cross Country Fundamentals
❖ Telemark Fundamentals

• Convey accurate technical information
• Movement Analysis: Observe, evaluate, prescribe
• Collaborate on long-term goals and short-term objectives

• Manage information, activities, terrain selection, and pacing

• Promote exploration, experimentation, and play

• Facilitate the learner’s ability to reflect upon experiences and sensations

• Adapt to the changing needs of the learner

• Manage emotional and physical risk
TEACHING SKILLS represent the actions the instructor takes to connect the student to the learning environment.
• Develop relationships based on trust

• Engage in meaningful, two-way communication

• Identify, understand, and manage your emotions and actions

• Recognize and influence the behaviors, motivations, and emotions of others
PEOPLE SKILLS represent the actions taken to connect ME and YOU