



CHILDREN'S SPECIALIST PROGRAM CS TRAINER (CST) WORKBOOK

Name: _____

Email Address: _____

Snowsports School: _____

Event Location: _____

Event Date(s): _____

Workbook Score: _____

Comments:

CS TRAINER (CST) WORKBOOK

The **Children's Specialist Trainer (CST) Workbook** consists of several essay questions and will be graded as follows:

- Curriculum mastery – 50%
- Analysis and synthesis of CS concepts – 35%
- Communication (includes grammar, spelling and readability) – 15%

Each question is worth 10 points. A CST candidate must complete this Workbook in its entirety, and score at least 80% (72/90 points) to pass the written portion of this assessment-based certificate course.

Workbooks must be received at the PSIA/AASI-I Office at least two (2) weeks prior to a CST event in either Microsoft Word (.doc or .docx) or Google Docs format. **Handwritten copies will not be accepted.** Copies should be sent via email to admin@psia-i.org

CST Workbook

1. Explain why providing feedback throughout a lesson is critical to a lesson's success. Explain how you would present "good" feedback to instructors in a clinic? Why did you choose this approach?
2. What is the real and ideal movement spectrum? How would you use it to develop your lesson plans? Please provide at least one (1) teaching example for the following age groups: ages 3-6, ages 7-11, and teens, and explain how you would present this concept along with your examples to new instructors in a clinic.
3. Describe how creativity could be used to enhance or create a lesson plan for 12-13 year olds using a theme that has been suggested by a student. What skills would you focus on? How would you present your ideas to new instructors in a clinic?
4. How would you train new instructors to explain to a parent why it may be inappropriate for them to watch their child's lesson while being visible to their child? Why did you use this approach?
5. How has your experience using the CAP model helped you to modify your approach to teaching skiing/riding? Why?
6. How would you present the CAP model indoors to a group of new hire instructors who will be teaching children? Why did you use this approach?
7. What would you do on-snow to bring the CAP model to life for a group of new hire instructors? Please provide at least one example of each CAP characteristic for the following age groups: ages 4-6, ages 7-10, ages 11-13 and teens. Why did you use this approach?

8. Describe some of the differences and similarities when teaching children vs. adults. How would you model and present these concepts to a mixed instructor group of L1 and L2 instructors? Why did you use this approach?
9. Do you think the increasing popularity and use of technology – i.e., smart phones, tablets, the Internet, social media, etc., is influencing the stages of development? Why? How can you mitigate these influences to your advantage? What approach (or approaches) do you use?