

ADIRONDACK COMMUNITY COLLEGE  
ADVENTURE SPORTS:  
LEADERSHIP AND MANAGEMENT

**COURSE:** AVS 233 Core Concepts and Technical Aspects of Snowsport Instruction

**COURSE DESCRIPTION:**

Encompassing elements of the Professional Ski Instructors of America (PSIA) and American Association of Snowboard Instructors (AASI), this course emphasizes the core of successful Snow Sport instruction and the technical aspects of skiing/snowboarding and ski/snowboard teaching. This course provides students with the core instructional methodologies necessary to snowsports instructional leadership. Instruction will follow the American Teaching System, and PSIA and AASI guidelines and criteria for certification.

**PREREQUISITE:** AVS 223, PED 174

**CREDIT HOURS:** Lecture: 2 hr. Lab: 3 hr. Credit: 3 hr.

**COURSE OBJECTIVE:** Students will:

1. integrate general learning theories of adventure based learning
2. contrast standards and practices of certifying ski organizations
3. analyze and evaluate ski instruction and snowsports school management
4. evaluate snowsport instructor manuals, staff development, risk management and operational plans
5. apply on-mountain group management and leadership skills
6. interpret the alpine mountain environment
7. contrast strategic plans, business plans, and marketing plans
8. devise and evaluate risk management plans and protocol
9. devise and evaluate the snowsports instruction planning process
10. evaluate standards of performance for snowsports instructors and leaders
11. synthesize relevant instructional methodology and experiential theory for snowsport leadership
12. explore and interpret the cultural and historical context of expeditionary leadership, adventure leadership, and snowsport instruction
13. prepare snowsport learning modules
14. demonstrate competency in Level 1 snowsports instruction as defined by Professional Ski Instructors of America
15. demonstrate knowledge of New York State and Adirondack Park skiing history and industry and evaluate the policies governing mountain operations
16. demonstrate advanced competency in snowsports management and operations

**COURSE TEXTS:**

Levine, Carol. Alpine Teaching Handbook. Vail, CO: Vail Resorts Management Company. 2001

Professional Ski Instructors of America. Alpine Technical Manual. Lakewood, CO: Sprint Press, Inc. 2002.

Professional Ski Instructors of America. Core Concepts for Snowsports Instructors. Lakewood, CO: Sprint Press, Inc. 2001.

**COURSE CONTENT:**

- I. Effective Leadership and Instruction Requirements

- A. Core Competencies
  - B. Non-Adventure Competencies
- II. Foundations of Adventure Learning
  - A. Learning Theories
    - 1. Behavioral
    - 2. Cognitive
    - 3. Experiential
    - 4. Kinesthetic
  - B. Expeditionary Thinking and Academic Disciplines
    - 1. Outdoor Education
    - 2. Adventure Education
    - 3. Expeditionary Learning
    - 4. Experiential Education
    - 5. Recreation
- III. PSIA-AASI
  - A. History
  - B. Vision
  - C. Mission
  - D. Organization
  - E. Strategic Plan
- IV. Ski Industry
  - A. Ski Instruction/Snowsports Schools
  - B. Mountain Protocol and Procedures
- V. Instructional Methodologies and Techniques
  - A. PSIA
  - B. American Teaching System
  - C. Stepping Stones
  - D. Core Concepts of Snowsports Instruction
  - E. Technical Aspects of Snowsports Instruction
  - F. Stepping Stones
- VI. Group Development and Dynamics
  - A. Stages of Group Development
  - B. Affects of Group Dynamics
- VII. Alpine and Mountain Environments, Activities, and Risk Management
  - A. Risk
    - 1. Risk Mitigation and Safety Management
  - B. Liability
    - 1. Standard of Care
    - 2. Negligence
    - 3. Litigation
  - C. Policy and Protocol
    - 1. Standards of Practice
    - 2. Standard Operating Procedures
- VIII. Adventure and Snow Sports Leadership
  - A. Cultural Foundations
  - B. Historical Foundations
  - C. Technical, Safety, and Environmental
  - D. Instructional and Organizational
- IX. Snowsports Leadership
  - A. Responsibility
    - 1. Skills
    - 2. Equipment Limitations

3. Environmental Elements
  - B. Judgment and Decisions
    1. Problems, Options, Solutions, Plan
- X. Professionalism
- XI. Customer Service
- XII. Equipment Review
  - A. Ski Design
  - B. Boot Mechanics
  - C. Binding Function and DIN Setting
  - D. Poles
  - E. Ski Lifts
  - F. Equipment Care and Maintenance
  - G. Thermoregulation, physiology, and nutrition in the alpine mountain environment
- XIII. Safety Considerations Review
  - A. Hypothermia
  - B. Frost Bite
  - C. Dehydration
  - D. Inherent Risk
  - E. Hazard assessment
  - F. Terrain and Topography
- XIV. Advanced Skiing Movement and Skills
  - A. Balance, Stance and Directional Movements
  - B. Functional Body Alignment
  - C. Lower Body Rotational Movements
  - D. Edge Release and Engagement
  - E. Pressure Management
  - F. Pole Use/Arm Movement
- XV. Evolution of the Skills Concept Review
  - A. Movements
  - B. Ski Performance
  - C. Demands of the Terrain or Task
- XVI. Skills Concepts on Varying Terrain and Snow Conditions Review
- XVII. Visual Cues to Effective Skiing Review
- XVIII. Visual Cues to Ineffective Skiing Review
- XIX. Review, Reflection, and Assessment
  - A. Skiing progression
  - B. Safety Considerations
  - C. Environment

**ADDITIONAL INFORMATION:**

With or without reasonable accommodation, all students must be able to:

- Navigate difficult and varying terrain in the mountain, aquatic, challenge course, and alpine environments.
- Lift and carry heavy loads that often exceed 50lbs. over difficult and strenuous terrain.
- Walk, paddle, climb, and hike long distances carrying substantial weight.
- Assist in rescue efforts which may include lifting, climbing and carrying substantial weight over difficult and varying terrain.

Under Section 504 of the Rehabilitation Act of 1973, a post-secondary student with a disability who is in need of academic accommodations or auxiliary aids is required to notify the College of the nature of the disability and to provide appropriate documentation which supports the request for reasonable accommodations or auxiliary aids.

Individuals who would like to self-identify with a disability (and have not already) or think they may have a disability and want to request accommodations should contact the Office of Accessibility Services directly in Warren Hall, or call 743-2282 / (TTY) 743-2323 for an appointment.