

SBINZ

SNOWBOARD INSTRUCTORS

Level One Certification

一级教练员

The SBINZ Level One is the first level/step along the SBINZ certification pathway and it is the task of my staff to ensure you have the best possible chance at successfully completing this exam. Our team is comprised of the most talented snowboard trainers from both here in New Zealand and all over the world. We aim to provide a safe, fun, friendly and non-threatening environment during your time with us, and if you have any problems with an examiner, candidate or mountain staff member, please don't hesitate to approach me, the course manager, personally.

取得 SBINZ 教练员一级证书是 SBINZ 教练员认证系统的第一步，我们的目标是保障您最大可能地通过认证考核。我们的团队拥有来自新西兰和世界各地最优秀的单板滑雪教练员，致力于在教学考核过程中为您提供一个安全、有趣、和谐友好的氛围，如果您对考官、其他学员或雪场工作人员有任何意见和问题，可以直接联系我，我是 SBINZ 的课程经理。

The following information is important so keep it handy during your exam.

以下内容很重要，请在考核过程中随身携带。

What you need to bring everyday:

每日需携带的物品包括：

- ▶ **Current SBINZ Instructor's Manual** (not actually needed on the snow, but an essential resource to have as preparation for this exam).
- ▶ 最新版的 **SBINZ 教练员手册**（在雪上时不需要，但它是准备考核的必须材料）
- ▶ Your board, boots and bindings! These should be well maintained and tuned. Spare screws, straps, laces, etc. and a tool should also be carried.
- ▶ 雪板、雪鞋、固定器！注意装备的保养和调试。准备好备用的螺丝钉、绑带、鞋带等物品，及一件用于替换修理的工具。
- ▶ Warm, waterproof clothing including beanie and gloves. You'll be outside everyday (as long as the mountain is open) for up to 6 hours per day.
- ▶ 穿着温暖防水的服装，包括便帽和手套。只要雪道开放，每天将会有最多长达 6 小时的室外活动。
- ▶ A helmet is also highly recommended.
- ▶ 强烈建议佩戴头盔。

- ▶ Eye protection (goggles recommended).
- ▶ 眼部防护（推荐使用雪镜）。
- ▶ A notebook to take down important points.
- ▶ 携带笔记本以记录重点内容。
- ▶ Lunch or lunch money.
- ▶ 午餐或餐费。

My email address is snowboard@nzsia.org or for URGENT matters you can call me directly on +64 21 078 4718. All matters concerning registration, payments, etc. should be referred to the admin office in the first instance -
Email: admin@nzsia.org Ph: +64 3 451 1534

我的 email 地址是 snowboard@nzsia.org，**紧急情况下**也可以直接拨打我的电话+64 21 078 4718。有关报名、学费等内容，请首先联络行政办公室：
Email: admin@nzsia.org 电话: +64 3 451 1534。

Good luck, have fun and ride safely.
祝好，祝开心，祝滑行安全。

Ben Clarbrough
SBINZ Course Manager
本·克拉伯勒
SBINZ 课程经理

Daily Procedure

课程安排

On the first day you will be introduced to your examiners, organised into groups and briefed on the day's content. The day finishes around 3.30 – 3:45pm.

第一天内容是认识考官，进行学员分组，并概要说明当天内容。每天内容结束时间为下午 3:30-3:45 左右。

Photos/Video

摄影/摄像

We may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your trainer if you do not want images of yourself used in this way.

在课程中摄取的录音录像可能会用于其他训练、营销或社交媒体内容中。如果不希望自己的形象被采用，请告知训练员。

Safety policy and Incidents/Accidents

安全守则和事故处理

SBINZ courses/exams may require you to ride in a variety of conditions, terrain, and park/pipe features while completing specific tasks. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination. Course participants should be aware of and follow the **Snow Responsibility Code** at all times (the code can be found in your manual).

SBINZ 课程/考核可能会要求你在不同雪况、地形、公园/U 型道具中滑行，同时完成指定滑行内容。在此过程中，如果你感到不安全或有受伤的可能，应告知训练员退出该任务。根据具体情况不同，这可能会影响你的最终成绩。参与课程的全体成员都需要了解并始终遵守雪上运动安全行为规范（内容详见训练员手册）。

Please report any incidents/accidents to your Examiner or directly to the Course Manager with the details, witnesses, location etc.

如果发生事故/突发事件，请向考官或直接向课程经理报告事故细节、目击者、地点等内容。

Internal riding, safety & professionalism assessment:

滑行、安全性和专业度的内部评估：

Please remember that all your riding and mountain conduct is assessed (when can be observed) during the first four days within course time (9 till 12am and 1 to 3.30pm approximately) While riding to set tasks, personal development sessions and when riding around the mountain to and from a lifts etc.

请注意在课程前四天，在完成滑行任务、进行个人训练和上下索道等活动时，你所有的滑行和雪上行为表现（在被观察到时）都会被评估（评估的时段约为上午 9-12 点和下午 1-3:30 之间）。

Development and feedback

训练与反馈

At the SBINZ we welcome your feedback and appreciate constructive ideas, if you have any feedback please talk with your Trainer or Course manager.

SBINZ 欢迎意见反馈，并感谢任何建设性意见，如果你有反馈意见，请与训练员或课程经理反映。

SBINZ Re sit Policy

SBINZ 补考政策

To be successful in achieving this qualification you will need to pass all four components (Riding, Teaching, Rider Analysis & Safety and Professionalism).

取得认证需要通过全部四个考核项目（滑行、教学、滑雪者分析、安全性和专业度）。

If you are unsuccessful, we do offer partial re-sits. The following re-sit guidelines apply:

如果考核未通过，我们提供单科补考机会。考核未通过时，具体补考措施如下：

Riding: if unsuccessful here, you will need to be re-assessed for the first four days of the exam week.

滑行：在考试周的前四天重新评估滑行能力。

Teaching: if unsuccessful here, will need to attend the last day or teaching assessment day, in order to be reassessed.

教学：参加最后一天的内容或参加教学评估日的活动，以便补考。

Safety and Professionalism: if you are unsuccessful within this element you will be required to re-sit the whole exam.

安全性和专业度：如果本项目未通过，需要接受全部项目的重新考核。

SBINZ

SNOWBOARD INSTRUCTORS

Level One Certification -

Exam Outline

一级教练员证书

考试大纲

This is a five-day exam, designed to introduce the participant to the world of snowboard instruction.

考试一共 5 天，主要介绍单板滑雪训练的相关内容。

After completing this exam successfully, participants should be able to teach and demonstrate the SBINZ “First Timers” and “Introduction to freestyle” and “Learn to Turn” (class level 1 and 2) progressions and be able to guide a beginner student down their first green run linking turns.

考核通过后，学员应具备教学和演示 SBINZ “初次接触”、“自由式滑行介绍”和“学习转弯”（一级和二级教学）内容的能力，并能够指导初学者在绿道上完成连续转弯的首次滑行。

Within this, they should understand and be able to explain the directions of movement, basic stance and board set up, the teaching cycle and relevant class handling, safety, guest service and children’s specific tactics.

在这个过程中，学员应充分理解并能够阐释身体运动的方向、基础站姿和固定器调试、教学循环和相关的课堂管理、安全管理、客户服务和儿童教学的特殊策略。

Participants will be assessed on both their understanding and presentation of the progressions, as well as all relevant demonstrations. There is a strong focus on creating a fun and positive learning environment. Participants should be able to demonstrate an enthusiasm for riding and teaching. Candidates’ riding will be continually assessed during the exam by their examiner, and at times there will also be other examiners watching and assessing.

学员的考核内容包括对教学步骤和演示内容的理解和展示。营造一个生动积极的教学氛围也很关键。同时也要展示出对滑行和教学的热情。在考试阶段，考官会持续评估学员的滑行情况，有时也会有其他考官参与评估和观察。

The following pages outline the exam content itself, but please note that daily content may vary according to weather, snow conditions, closed days, etc. Portions of the exam may be held indoors if necessary.

以下是考试内容大纲，但由于天气、雪况、雪场开放情况等因素的变化，每一天的具体内容也可能发生变化，如有必要，部分考试内容会移至室内进行。

Level One Exam Content and Learning Outcomes

一级考试内容和学习目标

Below are the topics to be covered in each session and the specific learning outcomes. Included are some of the ways in which your Examiner may assess and question you to see whether the outcomes have been learned.

以下是各环节的内容和预期成果。其中包含一些检验方法，考官可能会用来评估和考核你是否达到预期成果。

Day 1

第 1 天

AM: Introduce the four directions of movement and board performance concepts, basic stance, rider improvement and board setup.

上午：介绍四种身体运动和雪板表现的概念，以及基础站姿、滑行改善和固定器调试内容。

- ▶ *Can you explain and demonstrate the four directions of movement and their relevant board performances?*
- ▶ *你可以解释并演示一下四种身体运动和相应的雪板表现吗？*
- ▶ *Can you explain the importance of basic stance and how it effects all movement options? Can you explain the importance of board setup?*
- ▶ *你能否解释一下基础站姿的重要性，以及基础站姿与各身体运动之间的关系？能不能解释一下固定器调试的重要性？*

PM: Introduce the Teaching Cycle and the “First Timers” (level 1) teaching progression including safety, class handling and fun (adults and children) plus What, Why, How, Where, When.

下午：介绍教学循环，介绍“初次接触”（一级）的教学内容，包括安全管理、课堂管理和营造生动的课堂氛围（针对成人和小孩），以及4W1H内容，即是什么（What）、为什么（Why）、怎么做（How）、在何地（Where）和在何时（When）。

- ▶ *Can you recall all elements of the Teaching Cycle in the correct order? Can you briefly explain each element?*
- ▶ *你能以正确的顺序复述教学循环的全部内容吗？能简要介绍一下每一项内容吗？*

- ▶ *Can you recall the elements of the “First Timers” teaching progression in order? Can you briefly explain and demonstrate each exercise or drill?*
- ▶ 你是否能按顺序回想起“初次接触”的教学内容？能否简要介绍和展示一下每一项练习和训练内容？
- ▶ *Do you know the responsibility code? Can you explain goofy/regular and how this affects a lesson? Can you demonstrate various hands-on techniques?*
- ▶ 你知道安全行为规范的内容吗？你能解释右脚领先（goofy）和左脚领先（regular）的区别吗？领先脚不同会对课程造成什么影响？你能不能展示各种实用技巧？

Homework: Study the “Teaching Children” section of the manual. On Day 2 you will present a randomly chosen section on either the **C.A.P. Model** or **Planning Children’s Lessons** (pages 1.26 – 1.34 in the manual).

作业：学习教练员手册中的“儿童教学”部分。第2天你要讲解从“C.A.P.模型”或“儿童教学的课程规划”中抽选的某项内容（手册 1.26-1.34）。

Day 2

第2天

AM: Rider Improvement – focus is on an efficient basic stance and blending of movements to create Twist and Pivot.

上午：滑行改善——主要是有效基础站姿和身体运动的运用，以达到雪板拧板和轴转的目的。

- ▶ *Can you demonstrate an efficient basic stance and blending of movements in skidded turns, both forward and switch?*
- ▶ 你是否能展示搓雪转弯中的有效基础站姿和身体运动的运用？正反脚都要展示。

PM: Teaching Children presentations.

下午：儿童教学

- ▶ *Your examiner will choose a section from the manual on either the C.A.P. model or Planning Children’s Lessons for you to explain to the group. This only needs to be a few minutes long and should highlight the key points involved.*
- ▶ 考官会从手册内容中随机抽选 C.A.P.模型或儿童教学规划的一个内容，要求你向大家讲解。讲解过程需保持在几分钟长度，并着重解释关键内容。
- ▶ *Practice teaching the “First Timers” (level 1) progression with peer feedback.*
- ▶ 练习“初次接触”（一级）的教学，同学之间相互进行教学反馈。
- ▶ *Can you present all exercises / tasks in order, including What, Why, How, Where, When, the Teaching Cycle, guest service, class handling & safety, and making the lesson fun? Can you do the same for a children’s lesson?*
- ▶ 你是否能按顺序演示所有的练习/训练任务，并包含 4W1H 内容、教学模型、客户服务、课堂和安全管理，以及课堂的趣味性？在儿童教学中能不能做到同样水准？

Homework: Introduce Rider Analysis. Written questionnaire hand out to be completed.

作业：介绍滑雪者分析。分发填写问卷内容。

- ▶ *Can you briefly explain Detect, Correct and Develop? Can you explain the relationship between Cause and Effect?*
- ▶ 你能简要介绍一下如何观察辨识、纠正问题和训练改善吗？能否解释其中的因果关系？

Day 3

第 3 天

AM: Introduce “Learn to Turn” (level 2) teaching progression and guest service elements (adults and children) plus What, Why, How, Where, When.

上午：介绍“学习转弯”（二级）的教学步骤和客户服务内容（成人和儿童），并包含 4W1H 的要素。

- ▶ *Can you recall the elements of the “Learn to Turn” teaching progression in order and briefly explain and demonstrate each exercise or drill?*
- ▶ 你能否按顺序回想起“学习转弯”的教学步骤，并简要讲解和演示每个练习/训练内容？
- ▶ *Can you explain / demonstrate how to ride the relevant lifts?*
- ▶ 你能否讲解/演示相应的缆车/拖牵的使用？
- ▶ *Can you explain the importance of a positive group culture? Ways instructors can provide individual attention? The importance of a professional appearance?*
- ▶ 你可否解释积极团队文化的重要性？教练员如何才能照顾到每位学员？专业形象的重要性呢？
- ▶ **PM: Introduction to Freestyle and the 3 C's, Comfort, Confidence and Commitment.**

下午：介绍自由式和 3C 内容，即舒适（Comfort）、信心（Confidence）和责任心（Commitment）。

Rider Improvement – focus is on an efficient stance and blending of movements while experimenting with Pressure, working on Ollie's, and 50-50s on a box.

滑行改善——在有压力的情况下、练习 Ollie's 和在箱式道具（Box）上练习 50-50 的时候，体验有效站姿和身体运动的运用。

- ▶ *Can you demonstrate an efficient stance and blending of movements to create a flat base for a 50-50 and use of independent levers to create and manage pressure in an Ollie?*
- ▶ 能不能演示一下在平整台面上进行 50-50 需要的有效站姿和身体运动的运用，以及在 Ollie 中，如何运用各个独立的身体杠杆制造和管理压力？

Day 4 第 4 天

AM: Continue with the “Learn to Turn” teaching progression, finishing with linking turns (adults and children).

上午：继续“学习转弯”的教学步骤，以连续转弯（成人和儿童）结束

Can you recall the elements of the “Learn to Turn” teaching progression in order and briefly explain and demonstrate each exercise or drill?

- ▶ *请依顺序复述“学习转弯”教学步骤的内容，并简要讲解和演示每一项练习或训练内容。*
- ▶ *Can you explain the importance of a closed turn and how it effect's speed control? Can you explain when it is appropriate to move your students off the beginner's slope and onto new terrain?*
- ▶ *你能否解释一个闭合转弯的重要性，它是如何进行速度控制的？请说明什么时候适宜将学生从初学者雪道转移到新地形上？*
- ▶ *Can you explain / demo how to ride relevant lifts?*
- ▶ *请讲解/演示如何使用相关缆车/拖牵？*

PM: Practice teaching the “Learn to Turn” progression with peer feedback.

下午：练习“学习转弯”的教学内容，同学间互相给出教学反馈。

- ▶ *Can you present all exercises / tasks in order, including the teaching cycle, guest service, class handling & safety, and fun? And do the same for a children's lesson?*
- ▶ *你能否按顺序展示所有的练习/训练内容，包括教学循环、客户服务、课堂和安全管理，以及课堂趣味性？同样，儿童教学中呢？*

Day 5 第 5 天

This day is for teaching assessments only, 1 lesson per candidate.

本日仅用于教学考评，每个学员进行一次演示教学。

Your presentation is to last approximately 10-15 minutes, with the other candidates in the group acting as students. You will assess their level (verbally and visually), find out their goals, and present the next exercise/drill from the “First Timers” or “Learn to Turn” progressions, including all relevant demonstrations. Your lesson should include all aspects of the Teaching Cycle and conclude with a summary when prompted by your Examiner. At the end of the lesson your Examiner will ask you several questions to further test your understanding.

你的演示教学应持续 10-15 分钟，其他学员扮演学生。你需要评估学生的水平（通过口头描述和观察），了解他们的学习目标，然后根据“初次接触”或“学习转弯”的教学步骤，展开下一步的练习/训练内容的教学，并做相关的所有演示。课堂内容需要包括教学循环的所有方面，如考官要求，还需要对课程

进行总结。教学结束后，考官会询问你几个问题，以进一步检查你的教学理解。

PM: Presentation of results. To be held at a location within the ski area in the afternoon. Candidate and Examiner feedback is exchanged and pathways for future qualifications discussed.

下午：宣布结果。地点是雪场内，学员和考官交换反馈意见，并讨论下一步的认证内容和前景。



Snowboard Level One Certification

Date:

Candidate name:

Assessed by:

Location:

Overall Result

Not Achieved

Achieved

1. This component is not evident or present
2. This component is beginning to appear
3. This component appears at an adequate level **BUT NOT** with the required consistency
4. This component appears at an adequate level **WITH** the required consistency
5. This component appears frequently and above the required level
6. This component appears continuously at a superior level

Riding

	1	2	3	4	5	6
Stance						
Vertical						
Rotational						
Lateral						
Longitudinal						
Beginner Progression Demos						
Skidded Turn Demos						
Freestyle Demos						

Teaching

	1	2	3	4	5	6
Lesson Plan						
Lesson Presentation						
Class Handling & Safety						

Safety & Professionalism