



# NZSIA Ski Level One Certification Outline 2016

## NZSIA 双板滑雪

### 2016 一级教练员认证大纲

The NZSIA qualifications are recognised internationally as some of the best in the world. The NZSIA Examining Team comprise the most talented Ski trainers in New Zealand and it is our job to make sure you as the candidates have the best possible shot at successfully completing this course.

NZSIA 的资格认证是国际上广受认可的资质认证之一。

NZSIA 的考核团队拥有来自新西兰最优秀的双板滑雪教练员，我们的目标是保障您最大可能地完成本课程。

We aim to provide a fun, friendly educational environment that is non-threatening. If you have any problems with another candidate or your Examiner don't hesitate to approach me.

我们旨在提供一个有趣而和谐友好的教学氛围，如果您对其他学员或考官有任何意见和问题，可以直接联系我。

The following information is important, keep it handy during your course.

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：

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain for the four days in case of a change in ski area due to weather.
- 滑雪板和雪鞋。装备须经过保养和调试。头 4 天内不要把装备留在雪场，以防因天气原因更换场地。
- Helmets are highly recommended for all NZSIA courses.
- NZSIA 课程期间，强烈建议佩戴头盔。
- Warm waterproof clothing including beanie and gloves. You'll be outside for all five days (if the mountain is open) for up to 6 hours per day.
- 穿着保暖防水的服装，包括便帽和手套。只要雪道开放，5 天里每天将会有最多长达 6 小时的室外活动。
- Sunglasses/goggles and sun cream.
- 太阳镜/雪镜和防晒霜。
- A packed lunch or lunch money.
- 午餐或餐费。
- Money for lift tickets.
- 缆车票钱。
- A notebook & pencil to take down notes/important points.

- 携带笔记本和笔以记录笔记/重点内容。

Good luck.  
Stephanie Brown  
NZSIA Ski Course Manager  
ski@nzsia.org

祝好。  
斯蒂芬妮·布朗  
NZSIA 双板滑雪课程经理  
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### **Administration Matters**

#### **行政相关事宜**

All matters concerning registration, payments etc should be referred to the admin office. NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided on line after each course.

有关报名、付费等所有内容，请洽行政办公室。我们的考核程序保证所有学员的考核公平公正。我们欢迎意见反馈，也希望您在每个课程完结之后，在我们的官网上填写评估反馈表。

If you wish to personally discuss your results or any other matter relating to the course please contact the Ski Course Manager or write to NZSIA at the address below.

如果您需要私下讨论您的考核结果或其他与课程相关的内容，请联络双板滑雪课程经理，或发送电子邮件至下述邮箱。

Email: [admin@nzsia.org](mailto:admin@nzsia.org) Phone: 03 4511534 Fax: 03 45115

Email: [admin@nzsia.org](mailto:admin@nzsia.org) 电话: 03 4511534 传真: 03 45115

## Daily Procedure

### 课程安排

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meet on snow ready to ski

上午 9 点在雪场山脚下的指定地点集合。上雪道准备滑雪。

## Fitness, Incidents and Accidents

### 个人状态和事故处理

Our Ski Certifications are intensive courses of skiing and learning. It is therefore important that you are physically fit and in good condition to be able to take full advantage of the training and education provided and to perform at your best for the whole period.

双板滑雪教练员认证课程的滑行和学习强度较大。因此，要想充分吸收课程中的训练和教学内容，并始终发挥最佳水平，都需要身心状态达到适应课程的理想水平。

Hence, if you are/or become physically impaired/injured please bring this to the attention of the Ski Course Manager. A solution at this point will be advised. In the interest of safety and fairness to yourself and others the advice will most likely be to withdraw from the course. If you choose to continue against the advice of the Ski Course Manager there can be no recourse on the NZSIA.

所以，如果你现在或即将有身体上的不便/受伤，请告知课程经理。我们会提出相应的解决建议。出于对你和他人的安全、公正考虑，我们通常会建议退出课程。如果你选择不听取课程经理的意见，则 NZSIA 可能无法为你提供进一步的帮助，并无法保证你的安全和最终考核结果。

Safety is our number one concern.. Please report any incidents/accidents to your examiner or directly to the Ski Course Manager with facts, witnesses, location etc.

安全是第一位的，如果有事故/突发事件发生，请向考官或直接向课程经理报告事故细节、目击者、地点等情况。

## Safety Policy

### 安全政策

NZSIA/SBINZ exams will require you to ski/ride on a variety of terrain and conditions and complete specific tasks on snow. 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: <http://www.mountainsafety.org.nz/Safety-Tips/Snow-Code-for-Snowsports.asp>

NZSIA/SBINZ 考核可能会要求你在不同地形和雪况中滑行，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，应告知教练员退出该任务。根据具体情况不同，这可能会影响你的最终成绩。课程学员还需要了解并遵守雪上运动安全行为规范：

<http://www.mountainsafety.org.nz/Safety-Tips/Snow-Code-for-Snowsports.asp>

**Privacy Policy** <http://www.nzsia.org/privacy> In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

隐私政策 <http://www.nzsia.org/privacy> 此外，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，请告知教练员。

# Ski Level One Course Outline 2016

## 2016 双板一级教练员课程大纲

The Ski Level One Certification is held over five days. Candidates must join the NZSIA as an associate member to register for the Level One Exam this can be done on the NZSIA website [www.nzsia.org](http://www.nzsia.org).

双板一级教练员认证课程共 5 天。学员需加入 NZSIA 成为协会会员才能报名一级教练员考核，会员注册请访问 NZSIA 网站 [www.nzsia.org](http://www.nzsia.org)。

The NZSIA Level 1 Certification is primarily an educational course with assessments in skiing and teaching. Ski Level One sessions will cover and assess:

NZSIA 一级教练员认证课程主要是一个授课型课程，并同时为滑行和教学进行评估考核。其所涵盖和考核的内容包括：

- NZSIA technique and mechanics
- NZSIA 技术内容和力学机制
- NZSIA progression for from first time skiers to advanced wedge turns
- NZSIA 从初次滑雪者到高级犁式转弯的教学步骤
- Basic teaching methodology
- 基本的教学方法
- Personal skiing skills and demonstrations
- 个人的滑行技术和演示

Successful participants will have a basic understanding and ability to apply the above to introduce new skiers to the sport of skiing.

完成课程的学员将会对上述内容拥有基本的理解，并能够运用它们将滑雪运动引介给初学者。

For qualification courses & exams (except Free Ski) the Ski Division recommends using a Front - Side ski within this range, a radius of 14 - 19 m & under foot width of 67- 84 mm.

我们建议在认证课程和考核中（除自由滑雪以外）使用卡宾板（Front -Side ski），腰线圆弧半径（radius）在14-19m之间，足底宽度在67-84mm的范围内。

### Course philosophy

#### 课程理念

This course is first and foremost designed to be an education experience. Participants will be introduced to and gain a degree of ownership of foundational NZSIA methodological and technical principles through structured layering and practice of basic concepts. The teaching portion of this course will focus more on how to teach than what to teach.

本课程的首要主旨是提供一个学习经历。通过对 NZSIA 基本教学方法和技术原理的条分缕析，以及对基础概念的实践，学员将会对这些内容有一个了解和习得。课程的教学部分会将重点更多地放在如何进行教学上（怎么教），而非教学内容本身（教什么）。

Candidates are required to:

你们需要完成：

1. **Online Course** -Which covers theory, movement analysis and lesson planning  
在线课程——涵盖理论、身体运动分析和课程规划安排
2. **Teach skiing** - To Adults and Children from first timers to advanced wedge turns.  
双板滑雪教学——针对成人和儿童，从初次滑雪者到高级犁式转弯滑行。
3. **Skiing** -Ski making round parallel turns of various radii on most groomed terrain as well as on green and blue un –groomed terrain

**双板滑雪——** 在大部分压过的雪道上和未压过的绿道及蓝道上进行平行转弯滑行，要求滑行中变换转弯半径，转弯形状圆。

4. **Wedge turn** - Demonstration making round turns with speed controlled by turn shape and skidding.

**犁式转弯——**通过弯形变化和搓雪进行速度控制的流畅转弯滑行，转弯形状圆。

Please view the NZSIA progression and demonstrations online at [www.nzsia.org](http://www.nzsia.org)  
Please ensure that you are familiar with the NZSIA Instructor's Manual. This will help you to understand the teaching progressions as they are presented. Manuals may be purchased on line. The Ski Manual is also available as a download [www.nzsia.org](http://www.nzsia.org)  
Other written material required for this course is included in this outline.

请访问 [www.nzsia.org](http://www.nzsia.org) 查阅 NZSIA 的教学步骤和演示内容，并请务必熟悉 NZSIA 教练员手册内容，帮助你理解教学步骤。手册可以线上购买，也可以从 [www.nzsia.org](http://www.nzsia.org) 上下载电子版。课程需要的其他书面材料已在本大纲中涵盖。

Ensure that you are familiar with all this material & note there is an on line course that is part of the Level One this is an open book assessment. The on line course must be **completed 48 hours before the Level One starts on snow** on day one.

务必确保熟悉所有的材料和笔记内容，一级教练认证包含完成在线课程，在线课程以开卷的形式进行课程考核，但**必须在雪上课程开始前 48 小时之前完成**。

To complete the on line E-learning course log onto the NZSIA website. At <http://www.nzsia.org/member/> Then, login enter username and password. If you're unsure of username and/or password, click on forgotten username/password. Once in profile page click on Ski E-learning. You will then need to re-enter username and password to access E-learning.

在线学习请登录 NZSIA 网站，打开 <http://www.nzsia.org/member/>，输入用户名和密码。如果不确定用户名或密码是什么，点击忘记用户名/密码。登录进入个人页面后，点击双板滑雪在线学习（Ski E-learning）。然后再输入一次用户名和密码，开始在线学习。

# Daily Outline

课程大纲

## Day One

### 第一天

- Personal skiing and demos skills development
- 滑行和演示技能的个人训练
- The four Movements (NZSIA technique)
- 四种身体运动（NZSIA 技术内容）
- Teaching model
- 教学模式
- Teaching beginners (Level One)
- 初学者教学（一级）

## Day Two

### 第二天

- Skiing and demos skills development
- 滑行和演示技能训练
- Teaching Model Presentation (15 min per candidate). Candidates choose a topic that is movement based, the topic doesn't necessarily need to be skiing
- 教学模式演示（每人 15 分钟）。学员自选主题，需以身体运动为选题基础，不一定是滑雪的内容。
- Progression Building
- 教学次序
- Teaching – learning to turn (level 2)
- 教学——学习转弯（二级）

## Day Three

### 第三天

- Personal skiing and demos
- 个人的滑行和演示
- Technical Presentation– Progression Building – (15mins per candidate) on an assigned part of the progression
- 技术性内容展示 - 教学次序 - 指定的教学步骤内容（每人 15 分钟）
- Teaching children
- 儿童教学

## Day Four

### 第四天

- Personal skiing and demos
- 个人的滑行和演示
- Teaching -Communication modes
- 教学-沟通模式
- Advancing the wedge turn workshop
- 犁式转弯进阶工作坊
- Communication Modes Teaching presentation (15 min per pair of candidates)
- 沟通模式教学演示（每对学员 15 分钟）

Candidates work in pairs using an assigned portion of the progression.

Each candidate should demonstrate all 3-communication modes

学员成对分组完成指定教学步骤内容。每位学员都需要呈现全部 3 种沟通模式。

## Day Five

### 第 5 天

- Personal skiing and demos
- 个人的滑行和演示

- Teaching re –assessment for any candidate that is not yet passing teaching
- 针对尚未通过教学环节考核的学员，重新考核
- Consolidate learning on teaching mechanics
- 巩固力学机制的教学

► **End of day - presentation of results and certificates**

结束—宣布结果并颁发证书

**Assessment areas**

考核内容

**(1) Skiing**

滑行

**Skiing Tactics:**

滑行策略：

- Ski making parallel turns in a variety of sizes, on blue and green terrain
- 在绿道和蓝道上变换转弯大小进行平行转弯滑行
- Ski making parallel turns on easy off piste
- 在简单的道外环境中进行平行转弯滑行
- Turns should generally be round and speed controlled by a mixture of turn shape and skidding (terrain and speed dependent).
- 转弯形状应基本为圆形，并通过弯形大小变化和搓雪进行速度控制（根据地形和速度进行变化）。

**Skiing Mechanics:**

滑行的力学机制：

- Ability to demonstrate each of the 4 movements in isolation to effect desired ski performance
- 能够分别演示 4 种身体运动，以呈现预期雪板表现
- Basic blending of complementary movements to achieve desired ski performance both on and off piste
- 身体运动的组合使用，以达到道内道外环境中的预期雪板表现

**(2) Wedge Turn Demonstrations**

犁式转弯滑行演示

Candidates will be internally assessed during the training sessions on the below criteria while demonstrating a basic wedge turn.

在训练阶段演示一个基础犁式转弯的时候，我们将会以以下标准对学员进行考核。

Wedge turns should be generally round and speed controlled by a mixture of turn shape and skidding

犁式转弯的转弯形状应基本为圆形，并通过变换弯形大小和搓雪进行速度控制。

**Wedge Turn Demonstration mechanics:**

犁式转弯的力学机制：

- Demonstrate each of the 4 movements in isolation to effect the desired ski performance
- 分别演示 4 种身体运动，以呈现预期的雪板表现
- Basic blending of complementary movements to achieve the desired ski performance
- 身体运动的基本组合，以达到预期雪板表现

**(3) Teaching Assignments**

**教学任务**

Candidates are assessed on their basic ability to:

我们考核学员在以下内容中的基本能力：

- Apply the Teaching Model
- 教学模式的运用
- Recognize a 4-part progression
- 识别一个 4 部教学步骤
- Organize skill-specific exercises from simple to more complex using NZSIA technique
- 运用 NZSIA 的技术内容，由简单到复杂组织针对某项技术的练习
- Identify and use VAK
- 识别和运用 VAK
- State the NZSIA beginner progression and demonstrate multiple portions of the progression
- 阐述 NZSIA 初次滑雪者的教学步骤，并演示其中的多项内容

**(4) Online Course – an open book Course- assessment Includes**

在线课程——开卷考核课程，内容包括

Manual knowledge and Skier Analysis and Lesson Planning.

手册内容、滑雪者分析和课程规划安排。

**Certification Scoring Criteria**

**认证考核标准**

The assessment for this course is made up of four components as listed below.

Candidates must pass all components to pass the Ski Level One Certification.

课程考核共四部分，取得一级教练员认证需要通过全部四项考核：

- Your skiing and demonstrations will be internally assessed by your trainer during the 5 days. A minimum score of 6 out of 10 is required to pass skiing and demonstrations.
- 训练员会在 5 天时间内内部评估学员的滑行和演示水平。满分 10 分，获得 6 分及以上视为通过。
- Teaching Presentations are assessed on days 2, 3 and 4. A pass for the teaching section requires a minimum score of 6, or an average of 18 with 2 of the 3 presentations attaining passing scores.
- 第 2、3、4 天评估学员的教学水平。通过考核的最低分值为 6 分；或总共 3 次教学中有 2 次通过考核且 3 次教学总分满 18 分，由此得到平均分 6 分视为通过。
- Online course to be completed 48 hours before the beginning of Day One on snow. A minimum score of 70% is required to pass the online course
- 在线课程须在雪上课程开始前 48 小时之前完成。在线课程达到 70%的分值视为通过。

**Scoring Format**

**打分形式**

Range: 1 – 10                      Pass: 6 – 10                      Not Pass: 1 – 5

分数区段：1-10                      通过：6-10                      未通过：1-5

- 10 - A demonstration showing perfect technique and form at the assessed level that would be exemplary to all instructors.



- 10 -完美呈现了技术内容和教学形式，达到考核标准中成为全体教练员榜样的程度。
- 9/8/7 - Demonstrations showing varying degrees of improvement on 6, whether they are in technique or form, but neither combined reach 10.
- 9/8/7 – 不管是技术内容还是教学形式，都不同程度地优于 6 分及格表现，但综合表现不足以打 10 分。
- 6 - A demonstration that shows the required technique with satisfactory form that would be acceptable for a clear and comfortable looking demonstration in front of a real class.
- 6 – 按要求展示了规定技术内容，教学形式达标，在实际教学中可以呈现一个清晰可行的教学。
- 5 - A demonstration that shows the required technique roughly with an unsatisfactory form that would be unacceptable as a clear and comfortable looking demonstration in front of a real class.
- 5 – 大致展示了规定技术内容，教学形式不达标，在实际教学中无法呈现清晰可行的教学。
- 4/3/2 - Demonstrations showing varying degrees of improvement on 1, whether that be in technique or form, but neither combined reach 5.
- 4/3/2 – 无论是技术内容还是教学形式，都不同程度上强于 1 分水平，但综合水平不足 5 分标准。
- 1 - A demonstration showing nothing of the required technique or form, or can do the maneuver no better than one would expect of a student of that level of skiing.
- 1 – 无法呈现出规定技术内容和教学形式，或水平仅等同于该级别的学生水平。
- 0 - Absent.
- 0 – 缺席。

Please ensure that you are familiar with the NZSIA Instructor's Manual. This will help you to understand the concepts and progressions as they are presented.

请务必充分阅读 NZSIA 教练员手册，以帮助理解课程中所呈现的概念和教学步骤。

Please Note: Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation. Closed days will be used to cover teaching topics.

请注意：为达到最佳课程效果，如雪场关闭或开课时间延后，课程大纲可能会相应调整。如雪场关闭，课程主题会调整为教学的相关内容。

The course is 5 days in length. All results are final. Unsuccessful candidates will need to re-sit the 5-day exam

课程总计 5 天。考核结果为最终结果，未通过考核的学员需要重修 5 天的考核课程。

## **Ski Level One -Skier Analysis and Lesson Planning**

### **双板一级 – 滑雪者分析和课程安排**

Level 1 candidates will be assessed at a basic level of Skier Analysis including observation/description skills & lesson planning through use of videos included in the on line course

我们考核一级认证学员的滑雪者基本分析，包括观察/描述滑行技术和运用在线课程中的视频内容进行课程规划安排。

Practice examples videos can be found at <http://vimeo.com/channels/197717>

滑行练习的案例视频请见<http://vimeo.com/channels/197717>

Skier Analysis is the process of identifying and understanding how to effect key areas for improvement in students to enhance their skiing skills & overall enjoyment of the sport. Instructors need to effectively identify skiers needs & create effective, relevant lesson plans.

滑雪者分析是指，辨识和理解如何通过改善关键问题，提升学生的滑行技术和滑雪乐趣的一个过程。

教练员需要有效辨识滑雪者应改善的问题，并据此组织有针对性且有效的课程安排。

In order to identify student's needs it is recommended to use the following structure:

识别学生的学习需要，建议运用如下结构：

#### **Overall Impression**

##### **总体印象**

Give a good overall impression of the skier. This should include and assessment of athletic ability, & how comfortable they appear on the terrain.

向滑雪者描述总体印象中的积极一面，包括对其运动能力的评估，及他们在雪上看起来是如何地放松。

#### **Describe Ski Performance/ Behaviour**

##### **描述雪板表现/行为**

Describe the turn shape and type.

描述转弯的形状和类型。

Move through each phase of turn describing the performance or behaviour of the skis.

根据转弯的不同阶段，描述雪板的表现或作为/行为。

Be phase and outcome specific when describing skis performance, e.g. edging, rotation (turning), or pressuring of the skis

针对雪板表现带来的结果和相应的转弯阶段进行讲解，例如立刃、旋转（转弯）或向雪板施压。

#### **Relate the skis performance/ behaviour to the body's movements**

##### **将雪板表现/行为与身体运动相关联**

Move through each phase of turn describing the basic stance of the skier being specific to the joints of the body.

完整阐述各个转弯阶段的基本姿势，细化到身体的各个关节。

Be phase, movement area, & body part specific when describing movements of the body.

针对转弯阶段、动作区域和身体部位的具体内容，对身体运动进行描述。

Create cause & effect relationships between the ski performance & the movements of the body

建立雪板表现和身体运动之间的因果关系。

#### **Compare to the Ideal**

##### **与理想状态进行对比**

How does that skier and their ski's performance/behavior and body movements compare to the ideal. State a goal for the skier that will develop them.

将特定滑雪者的雪板表现/行为和身体运动与理想状态做对比。为滑雪者确立一个提高的目标。

**Lesson Plan**

**课程安排**

Prioritise the skiers technical needs to achieve the stated goal (compare to the ideal)

根据滑雪者达到学习目的（即接近理想状态）的技术改进需要进行优先顺序排列

Linear lesson plan that is relevant to analysis of the skier and facilitates the goal

进行线性课程规划（进阶式），即根据滑雪者分析的结果，按顺序推进学习目标达成。

