



NZSIA Ski Level Two Certification Outline

NZSIA 双板滑雪2级认证考试大纲

The NZSIA qualifications are recognized 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. 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 personally.

NZSIA 的资格认证是国际上广受认可的最好的资格认证之一。NZSIA 的考核团队拥有来自新西兰最优秀的双板滑雪指导员，我们的工作保障参加课程的学员可以尽最大可能的完成本课程。我们旨在提供一个有趣而友好，无压力的教学氛围，如果您对其他学员或考官有任何意见和问题，可以直接联系我本人。

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

以下信息很重要，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.

滑雪板和雪鞋。装备须维护良好和正确调试。

- ▶ Warm, waterproof clothing including beanie and gloves. You'll be outside for all days (if the mountain is open) for up to 6 hours per day.
穿着保暖防水的服装，还有帽子和手套。只要雪道开放，每天将会有最长长达6小时的室外活动。
- ▶ Sunglasses/goggles and sun cream.
太阳镜/雪镜和防晒霜
- ▶ Helmets are highly recommended for all NZSIA courses.
我们强烈建议在参加所有NZSIA的课程时都佩戴头盔
- ▶ A notebook & pencil to take down notes/important points.
记笔记/重要内容需要使用的便携笔记本和铅笔
- ▶ For qualification courses and exams (except Free Ski) the Ski Division recommends using a Front -Side ski within this range - a radius of 14 - 19 metres and an under-foot width of 67- 84 mm.
对于所有的资格认证课程和考试（自由式除外）我们建议您使用以下范围的单向雪板，转弯半径在14-19米，板腰宽度67-84毫米。

Administration Matters 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. 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.

Email: admin@nzsia.org Post: NZSIA, P.O. Box 2283, Wakatipu.
Phone: 03 4511534

行政相关事宜

有关报名、付费等事宜，请联系行政办公室。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。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 电话: 03 4511534 传真: 03 45115

Daily Procedure 考试日程

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain.

培训考试每天9点前开始，集合地点在万龙雪具大厅前的指定区域或另行通知。

Fitness, Incidents and Accidents

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.

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.

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.

身体状况，突发事件及事故

我们的滑雪教练认证课程中滑雪和学习的强度都会比较大。因此，为了能够充分利用我们提供培训和教学，并在整个考试培训期间表现你的最佳状态，你的身体状态以及健康状况是特别重要的条件。

因此，如果你有或者出现身体上的损害/伤病，请告知我们的课程经理。我们会根据当时的情况建议解决方案。出于您和其他学员的安全以及公平考虑，我们非常有可能会建议您退出课程。如果您不想听从课程经理的建议而继续进行，NZSIA将不负责由此造成的后果。

安全是我们的首要考虑。如有任何突发事件或事故，请立刻告知你的考培官或直接向课程经理报告事情发生的经过，目击证人或地点等。

Safety Policy

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>

安全准则

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。课程学员还需要了解并遵守雪上运动安全行为规范: http://www.acc.co.nz/preventing-injuries/playing-sport/WPC139100#P7_479

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，请告知培训官。

Ski Level Two - Course Outline

双板滑雪二级 – 课程大纲

Ski Level Two is open to NZSIA Level 1 Certified Ski Instructors (or foreign equivalent from ISIA member country) who are Full or Associate members of the NZSIA. Candidates must join the NZSIA as an associate member to register for the Level Two Exam this can be done on the NZSIA website www.nzsia.org

双板滑雪二级指导员认证向NZSIA一级认证双板滑雪指导员开放（或其他ISIA成员国下的同级认证指导员），且必须是NZSIA的正式会员或准会员。不是的学员必须先加入NZSIA成为准会员才能注册参加此二级考试。具体方法请访问NZSIA官方网站：www.nzsia.org

The Ski Level Two course is held over an eight-day period this includes seven days of training and examinations with one day off on day six of the eight-day period.

双板滑雪二级指导员课程共进行8天，其中7天为培训和考试，第6天为休息日。

Candidates are required to: 参加考试人员需要：

Complete Online Course & Quizzes -This covers theory, movement analysis and lesson planning. To complete the online E-learning course log onto the NZSIA website <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.

完成在线学习及考试 - 内容包括理论，运动分析及课程计划。要完成在线学习，请先登录NZSIA官网<http://www.nzsia.org/member/>，之后用您的用户名和密码登录。如果忘记用户名和密码，请点击“忘记用户名/密码”按钮。进入个人档案页面后，点击Ski E-learning，在线学习按钮。之后需要再次输入用户名及密码即可进入在线学习

Teach from Wedge Parallel turns to Advanced Parallel turns.

Ski at an advanced level, which is a strong skier making dynamic medium radius parallel turns and basic parallel short turns on all groomed terrain. The skier is able to ski most off piste terrain at a ski area with speed and confidence using NZSIA Technique appropriate to the situation in a variety of turn shapes.

教学从犁式转弯到高级平行式滑行

滑行需要达到高级水平，即在所有机压雪道上可以做出中等大小平行式走刃转弯，以及基本平行式小回转的滑行水平。并能根据雪况和坡度运用 NZSIA的技术标准，选择不同的转弯形状，从滑雪场的大部分道外区域有一定速度和自信的滑行。

Training sessions will cover: 训练内容包括：

Skiing 滑行

- Development of personal skiing skills on and off piste and free-skiing,
- 完善个人道内和道外滑行技术及自由式滑雪
- Development of demonstrations
- 完善示范动作

Teaching 教学

- The NZSIA progression from wedge parallel to advanced parallel turns
- NZSIA教学进程 - 从半犁式转弯到高级平行式转弯
- Skier analysis and lesson planning.
- 滑雪者分析及课程计划

During the two-day exam process candidates will be tested in two main areas

在两天的考核日中学员将被在以下两个主要方面进行考核

- **Skiing** -which includes personal skiing and demonstrations. ^[L]_[SEP]
- 滑行 - 包括个人滑行技巧及示范动作

- Teaching -which includes teaching on snow and Skier Analysis and Lesson Planning

- 教学 - 包括雪上教学和滑雪者分析及课程计划

The specifics of these are outlined during the five training days.

具体情况请见5天训练日课程大纲

If a candidate attains a partial pass by passing either the Skiing or Teaching section the passed section remains valid for the year that the partial pass was obtained and the following year. The candidate may re-sit the other section at any other NZSIA Ski Level 2 Exam the year that the pass was obtained or the following year.

如果考生部分通过了考试，即通过了滑行部分或教学部分，则通过的成绩在考试当年和第二年有效。考试可在当年或第二年举行的任何一次NZSIA二级考试补考未通过部分。

To re-sit the Skiing Section Exam Day only, candidates must have passed the internally assessed skiing session mark. To re-sit the Skiing segment where the candidate has not passed the internally assessed session mark the candidate must attend the skiing coaching sessions of the 5 days training and then the Skiing Section Exam day.

要只补考滑行考试，考生必须通过考官内部滑行评审打分。如果考生未能通过考官内部滑行评审打分，并还要补考，那考生必须再参加5天的滑行培训，之后才能参加滑行考试。

Re-sits for the Ski Level 2 Exam will take place at scheduled Level 2 Exams and are on a space available basis.

二级考试补考只能选择在规划好的二级考试日程中进行，并且要视空位情况安排。

More in-depth information for Level Two Teaching progressions can be viewed [here](#)

关于二级教学进程详细信息请参阅如下网站，

<https://www.nzsia.org/wp-content/uploads/2017/07/Milestones-of-The-Progression-for-NZSIA-Ski-Level-Two-Qualification.pdf>

Please view the NZSIA Progression including demos on line at www.nzsia.org.

观看NZSIA教学进程包括动作示范，请到www.nzsia.org官方网站。

Practice analysis can be viewed on line <https://vimeo.com/channels/l2practice>
视频分析练习可到如下网站<https://vimeo.com/channels/l2practice>

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 can be purchased on line or downloaded from www.nzsia.org

请务必熟读NZSIA指导员手册。这样你才能充分了解教学进程的内容。手册可在线购买或从www.nzsia.org官网免费下载。

Other written material required for this course is included in this outline. Please ensure that you are familiar with this material.

其他参加课程所需的书面材料均在此大纲中列出。请务必熟读这些材料。

Daily Outline 每日大纲

Day One 第一天

-Personal skiing skill development - Balancing skills in medium and short radius turns

- 个人滑行技巧完善 - 中弯和小弯滑行时的平衡技巧

-Demos - Wedge turns

- 动作示范 - 犁式转弯

-Teaching & Skill development – explore how to teach and develop Fore/ Aft & Vertical (including Lateral Balance) movements throughout the progression.

- 教学及技巧完善 - 探索如何在教学进程中教学和完善纵向运动和垂直运动（包括横向平衡）

Evening Homework - review ways of teaching the different skills covered during the day. Consider how they can be applied in the progression, & how these can be used when referring to the Teaching Topics 1 – 6.

晚间作业 - 复习白天课程中讲到的教学不同技巧的方法。思考如何在教学进程中运用并具体到1-6教学题目中的运用。

Day Two

-Personal skiing skill development - Rotation movements in short and medium turns on and off piste

- 个人滑行技巧完善 - 道内和道外滑中弯和小弯的旋转运动

- Demos - Wedge turns and Wedge Parallel turns

- 动作示范 - 犁式转弯和半犁式转弯

-Teaching & Skill Development - practice teach (10 min) --Progression Review Teaching topics 1 & 2

-教学及技巧完善 - 教学练习（10分钟） - 复习教学进程中的教学题目1&2

Evening Homework- Manual Progression review for Teaching Topics 3 & 4

晚间作业 - 复习手册中教学进程中的教学题目3&4

Evening session indoor - Skier analysis training and 20 % skier analysis assessment

晚间室内部分 - 滑雪者分析培训及20%部分滑雪者分析考试

Day Three

-Personal skiing skill development - Creating a platform

- 个人滑行技巧完善 - 建立平台

-Demos - Wedge and Wedge Parallel turns

- 动作示范 - 犁式及半犁式转弯

-Teaching & Skill Development -movement focus area Lateral Balance & Rotation

Progression Review for Teaching Topics 3 & 4

- 教学及技巧完善-针对横向平衡和旋转运动

复习教学进程中的教学题目3&4

Evening Homework -Manual Progression Review for Teaching Topics 5 & 6

晚间作业-复习手册教学进程中的教学题目5&6

Day Four 第四天

-Personal skiing skill development - Individual focus using Medium & Short turns on and off piste

-个人滑行技巧完善 - 针对个人情况完善道内和道外中弯小弯滑行

-Demos - Wedge, Wedge Parallel Turns and Basic Parallel turns with pole touch

-动作示范 - 犁式, 半犁式转弯及基本平行式转弯加点杖

-Teaching & Skill development- Lateral Forces & Versatility

Progression Review for Teaching Topics 5 & 6

- 教学及技巧完善 - 横向力量及多样性

复习教学进程中的教学题目5&6

Evening session indoor - Skier analysis training and 20 % skier analysis assessment

晚间室内部分 - 滑雪者分析训练及20%部分滑雪者分析考试

Day Five 第五天

-Personal skiing skill development - Individual focus - All terrain, snow and speed

-个人滑行技巧完善 - 针对个人情况, 全地域, 多种雪况, 及提速

-Demos Revised- Wedge, Wedge Parallel, Basic Parallel with pole touch, Medium Radius & Short turns

-示范动作纠正 - 犁式, 半犁式, 基础平行式加点杖, 中弯和小弯

-Exam preparation including - Teaching practice, and skier analysis overview

Distribution of teaching topics for exam

- 考试准备包括 - 教学练习, 复习滑雪者分析
分派教学考试题目

Day Six- Day off –Exam preparation 第六天-休息日-准备考试

-----Exam Days 考试日-----

Day Seven (9am all meet on snow) then Warm up

第七天 (早上九点上雪集合) 然后热身滑

Skiing Exam -covering Wedge turns, Wedge Parallel turns, Basic Parallel turns with pole touch, Dynamic Medium Radius Parallel turns and Short turns

After skiing a draw is done for the analysis exam. Time and place given.

滑行考试 - 包括犁式转弯, 半犁式转弯, 基本平行式转弯加点杖, 中弯平行式走刃, 小弯

滑行考试之后抽签决定滑雪者分析考试的顺序。会告知时间和地点。

Skier Analysis Exam 60% of assessment - Evening session indoor

Each candidate will have 20 min to analyse one skier and present a lesson plan for a 2 hour lesson (Video of the skier will run for at least one minute.)

滑雪者分析考试60%部分-晚间室内部分

每名考生有20分钟分析一名滑雪者, 并作出一个2小时左右的课程计划
(滑雪者视频至少会播放1分钟)

Exam day - Day Eight (9am meet on snow)

考试日 - 第八天 (早上9点上雪集合)

Teaching Exam – Each candidate will have a minimum of 30mins to prepare to teach a lesson to three students. All candidates will take turns at being students.

6pm presentation of results and certifications.

教学考试 - 每名考生至少有30分钟时间来给三名学生进行教学。每名考生要轮流充当学生。

下午6点公布考试结果和发证

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：如有特殊情况有哪天关山或推迟时间进行，参考进程可能会根据情况进行最佳调整。关山的那天将用来进行教学考试。

Certification Scoring Criteria 认证评分标准

The assessment for this course is divided into Two sections. Candidates must pass both sections to pass the Level Two Certification.

课程评分系统分为两个部分。考生必须通过全部两个部分才可以通过2级认证。

The course runs as 7 days of training and exam. During the first 5 days candidates work with one Examiner.

全部课程包括培训和考试共进行7天。前面的5天所有考生配一名考官。

This Examiner will provide an internally assessed skiing mark for the 5 days.

Skiing will be assessed on & off piste. To meet the standard candidates, need to ski at an advanced level, which is a strong skier making dynamic medium radius parallel turns & basic parallel short turns on all groomed terrain. The skier is able to ski most off piste terrain at a ski area with speed and confidence in a variety of turn shapes using NZSIA Technique appropriate to the situation.

这名考官将根据你在这5天的滑行情况作出一个内部评审打分。评分审核包括道内和道外滑行。要达到标准，考生需要达到高级滑行水平，即在所有机压雪道上可以做出很强的中等大小平行式走刃转弯，以及基本平行式小回转。并能根据雪况和坡度运用NZSIA的技术标准，选择不同的转弯形状，从滑雪场的大部分道外区域有一定速度和自信的滑行。

The other components, Dynamic Medium Radius Parallel Turns, Parallel Short Turns, Demonstrations & Teaching, are assessed on the last two days of the exam.

其他考察项目，中弯平行式走刃滑行，平行式小弯滑行，示范动作和教学在最后两天进行考试。

Skier Analysis and lesson planning are assessed as follows, 40% during the 2 analysis evening sessions, and 60% of the assessment on the evening of day 7 of the course.

滑雪者分析和课程计划考试方法如下，40%在两个晚间室内部分进行，60%在第七天晚间室内部分进行。

To pass overall, a minimum passing score for each element being 6 out of 10 is required in all nine elements.

共九项考察项目，每项满分10分，考生要至少获得6分才能整体通过。

Section One -Skiing

Skiing

- Skiing on and off piste -Internal Session Mark
- Dynamic Medium Radius Parallel Turns
- Parallel Short Turns

Candidates are assessed on their skiing ability

Demonstrations

- Wedge Turns
- Wedge Parallel Turns
- Basic Parallel Turns

Candidates are assessed on their demonstration ability appropriate to the Level two syllabus

第一部分-滑行

滑行

- 道内和道外滑行 - 内部评审打分
- 中弯平行式走刃滑行
- 平行式小弯滑行

根据滑行能力评估考生

动作示范

- 犁式转弯
- 半犁式转弯
- 基本平行式转弯

按照二级考试大纲要求来评估考生的动作示范能力

Section Two -Teaching

▸ Skier Analysis and Lesson Planning

Candidates are assessed on their ability to analyse skiers and present a lesson plan.

▸ Teaching Assignment

Candidates are assessed on their ability to teach a lesson to a group of other candidates.

第二部分 - 教学

▸ 滑雪者分析和课程计划

根据考生分析滑雪者和制定课程计划的能力进行评估

▸ 教学任务

根据考生的对模拟学生团队的教学能力进行评估

Scoring Format

Range: 1–10 Pass: 6–10 Not Pass: 1–5

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

9/8/7 - Demonstrations showing varying degrees of improvement on 6, whether they are in technique or form, but neither combined reach 10.

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.

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.

4/3/2 - Demonstrations showing varying degrees of improvement on 1, whether that be in technique or form, but neither combined reach 5.

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.

0 - Absent.

打分格式

分值区间：1-10 通过：6-10 不通过：1-5

10 – 在考察的水平上展示了完美的技巧和形式，可以成为其他指导员的典范

9/8/7 – 在技巧和形式上要比6分展示出了不同程度的提高，但是无论哪一方面都还达不到10分水平

6 – 展示出了要求的技术水平以及令人满意的形式，在真正授课的时候，总体感觉是清晰而且舒适的，是可以接受的

5 – 大致展示出了要求的技术水平，但形式不令人满意，真正授课的时候，总体感觉不够清晰和舒适，不能接受

4/3/2 -在技巧或形式上要比1分展示出了不同程度的提高，但是无论哪一方面都还达不到5分水平

1 – 没有展示任何要求的技术水平或形式，或并不能比同水平的学生做出更好的表现。

0 – 未参加

Ski Level Two – Teaching 二级考试-教学部分

Teaching Assignment Starting Points

教学任务起始点

1.Your students are making strong Wedge turns introduce Wedge Parallel turns to them.

1. 你的学生可以做出很强的犁式转弯，开始教学半犁式转弯

2.Your students are making Advanced Wedge Parallel turns, with the skis becoming parallel above the fall line. Develop their skiing so that they have more edge control during the second half of their turns.

2. 你的学生可以做出高级半犁式转弯，在进入滚落线之前就可以让雪板平行。完善他们的滑行技巧，这样他们可以在转弯的下半部分更好的控制立刃。

3.Your students are making Advanced Wedge Parallel turns introduce Basic Parallel turns to them.

3. 你的学生可以做出高级犁式转弯，开始教学基本平行式转弯。

4.Your students are making Basic Parallel turns. Improve the timing and rhythm of their skiing by introducing a pole touch to them.

你的学生可以做出基本平行式转弯。开始教学点杖来改善他们滑行时的时机控制和节奏。

5.Your Students are making Basic Parallel turns with a pole touch. Teach them how to vary the shape and size of their turns, so they can ski more groomed terrain confidently and safely.

5. 你的学生可以用基本平行式加点杖滑行，开始教学改变转弯的形状和大小，这样他们可以在更多的机压雪道上自信安全的滑行。

6.Your students are using a pole touch with their Basic Parallel turns introduce Advanced Parallel turns to them

6. 你的学生可以用基本平行式加点杖滑行，开始教学高级平行式滑行。

Ski Level Two -Skier Analysis and Lesson Planning

二级考试-滑雪者分析和课程计划

It is recommended that you bring a copy of this to the evening indoor sessions.
建议考生在晚间室内部分的时候带上此说明。

Practice analysis can be viewed on line <https://vimeo.com/channels/l2practice>

分析练习可以在如下网站在线观看<https://vimeo.com/channels/l2practice>

Below is a pictorial model describing the overall process that a candidate will go through for skier analysis and lesson planning. The candidate is presented with a want for the student.

下面的示意图描述了考生进行滑雪者分析和课程计划的整体过程。考生会被告知学生的目标。

There are then four areas that the candidate will need to give details on and integrate into the model. These are:

1. Observation/description of skier performance and movements of the body
 2. Description of cause and effect relationships
 3. Prioritization of technical needs to achieve the stated goal (comparison to the ideal)
 4. Linear lesson plan that is relevant to analysis of the skier and facilitates goal
- 之后考生需要就四个方面进行细节描述并按模式进行汇总。包括：
1. 观察/描述雪板表现和身体运动
 2. 对起因和结果的关系进行描述
 3. 针对给出的目标指出需要优先解决的技术问题（同理想状况进行比较）
 4. 根据所作出的滑雪者分析及实现目标，制定出线性的课程计划

Analysis

When Structuring the analysis portion for intermediate Level of Skiing we recommend the following structure

分析

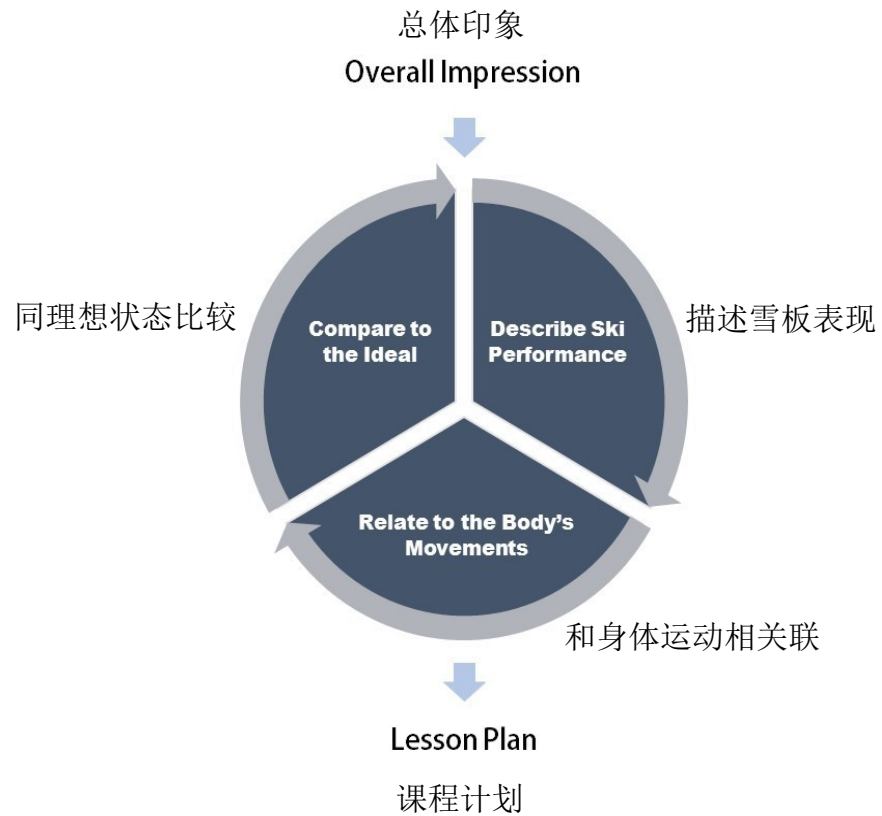
针对中级滑雪水平组合分析部分的时候，我们推荐如下组合方法

Overall Impression

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

总体印象

对滑雪者做出好的总体印象描述。这应包括运动能力评价，以及他们在所滑地形上是否看来自如。



Describe Ski Performance

描述雪板表现

- Describe the turn shape and turn type.
描述转弯形状和转弯类型
- Move through each phase of turn describing the performance of the skis on the snow
按照转弯的各个阶段描述雪板在雪上的表现
- Be phase and outcome specific when describing the skis performance, e.g. Fore /aft pressure, ski to ski pressure, rotation, or edging
描述雪板表现时要具体说出哪个阶段有什么表现，比如纵向压力，雪板到雪板的压力，旋转，或立刃

Relate the skis performance to the body's movements

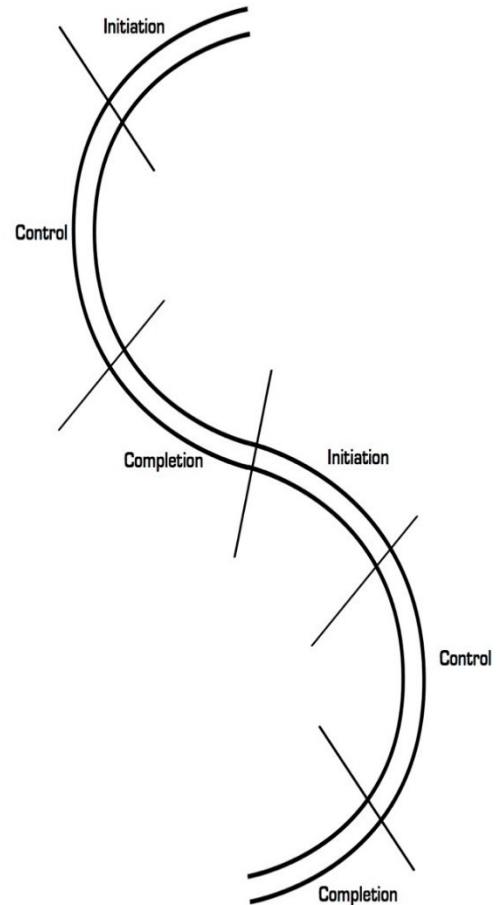
把雪板表现和身体运动相关联

- Move through each phase of the turn describing the basic stance of the skier being specific to the joints of the body.
按照转弯的各个阶段描述滑雪者的基本站姿，要具体说出身体的关节部位。
- Be phase, movement area, and body part specific when describing movements of the body.
描述身体的运动时要具体说出转弯的阶段，运动情况以及相关身体部位。
- Create cause and effect relationships between the ski performance and the movements of the body
将雪板表现与身体运动相关联，阐述起因与结果的关系

Compare to the Ideal

同理想状况比较

- How does their ski performance and body movement's compare to the ideal
该滑雪者的雪板表现和身体运动情况同理想状况比较是怎样的



- Comparison to the ideal enables identification of their technical “needs”

经过同理想状态比较后辨别出该滑雪者的技术改进 “需要”

Goal 目标

- By taking the ‘wants’ and ‘needs’ and incorporating the common movements for two areas this will enable you to formulate a **goal** that is tailored to your student

根据滑雪者的 “目标” 和你辨别出的 “需要”，整合要做到这两方面的常规动作，这样你就能根据你学生的情况量身制定出一个目标

Lesson Plan 课程计划

Prioritise the skier’s technical needs to achieve the stated goal (comparison to the ideal)

针对给出的目标指出需要优先解决的技术问题（同理想状况进行比较）

Linear lesson plan- for a 2 hour lesson - that is relevant to analysis of the skier and facilitates goal

线性课程计划 - 2小时课程 - 需要同你做出的滑雪者分析相关并能完成制定的目标

- Be specific to a part of the turn or the whole turn.

具体说明是转弯的一部分还是整个转弯

- Use the Progression Building Model to develop the movements and explain how you might cater for differing learning styles.

使用教学进程建设模式完善其动作，并解释你如何在其中满足不同学习方式的要求

- Offer exercises/drills to support your progression.

提供具体练习/训练方法来支持你的教学进程