

Course Program - SKI Candidate 2 (Level 2, Part 2)

Deviations in the course schedule may occur depending on situational and personnel conditions.

SCHWEIZER SCHNEESPORT
BERUFS- UND SCHULVERBAND

SSBS+

07:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:00									
09:00						Briefing	Briefing	Briefing	Briefing
10:00	Course opening	Technique Skidded forms - Pos. High skid. - Pos. Low skid.	Technique Carved forms - Pos. Low dyn. - Pos. High dyn.	Technique Applied forms - Short turn	Methodology Model lesson - by class teacher	Methodology (Gr 1) Lessons Technique (Gr 2) Jump - Basic Air	Methodology (Gr 2) Lessons Technique (Gr 1) Jump - Basic Air	Methodology (Gr 1) Lessons Technique (Gr 2) Jump - Demo jumps	Methodology (Gr 2) Lessons Technique (Gr 1) Jump - Demo jumps
11:00	Technique Skidded forms - Pos. Snowplough			Group photo					
12:00		Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Lunch break	Video - Gr 1
13:00	Lunch break	Technique Carved forms - Pos. Pivot turn - Pos. Low dyn. - Pos. High dyn.	Technique Freestyle forms - Fakie - Piste freestyle - 180°	Technique Applied forms - Moguls - Freeride		Methodology (Gr 1) Lessons Technique (Gr 2) Jump - Basic Air	Methodology (Gr 2) Lessons Technique (Gr 1) Jump - Basic Air	Methodology (Gr 1) Lessons Technique (Gr 2) Jump - Demo jumps	Video analysis Lesson evaluation
14:00	Technique Skidded forms - Pos. Superman - Pos. BT 1 leg - Pos. BT 2 legs				Theory / Work-shop Model lesson - Evaluation - Preparation for Presentation				Course closing - Online survey - Pers. feedback & Qualification
15:00	Video	Video	Video			Video - Gr 2	Video - Gr 1	Video - Gr 2	
16:00									Video analysis Logbook
17:00	Video analysis Logbook	Video analysis Logbook	Video analysis Logbook	Video analysis Logbook	Presentations Feedback	Video analysis Logbook	Video analysis Logbook	Lessons Evaluation & Planning	
18:00	Theory / Work-shop Question assignment	Questions	Questions	Questions	Admin - Theory-Logbook	Theory / Work-shop Lessons - Evaluation & Planning	Theory / Work-shop Lessons - Evaluation & Planning		
19:00	Dinner	Dinner	Dinner	Dinner	Lessons Procedure & Planning	Exam (Gr 1) Oral	Exam (Gr 2) Oral	Theory exam written	