

Course Program - SKI Rookie Coach Theory (Level 1)

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

SCHWEIZER SCHNEESPORT
BERUFS- UND SCHULVERBAND



07:00		
08:00		
09:00	Course opening Course information, schedule and objectives	Workshop - Human being, stages of development
10:00	Theory - Teaching – what does it take?	
11:00	Workshop - Learning, physics and biomechanics	Theory - Professional teaching, learning levels, positioning/organisation
12:00		
13:00	Lunch break	Lunch break
14:00	Theory - Basic skills, elementary riding forms, technique	Theory - Lesson planning – a professional always has a plan
15:00	Workshop - Device function, mechanics	Workshop - detailed planning
16:00	Workshop - Mechanics, technique	Course end - Information on education/effort - Online survey
17:00		
18:00		
19:00		