## Assessment of Technical Skills

1. The participants will be able to demonstrate their personal technical skills in practical skills tests and by filling in a personal skills card.
2. The practical skills tests will be evaluated by the trainer in accordance with the assessment criteria below.
3. The point of time, place and method of performance for the skills tests will be given by the trainer during the training course.
4. The evaluation of the skills card items will be conducted as self-evaluation and peer-evaluation supported by the trainer. The evaluation is as follows: “appropriate performance / training required”. The skills included in the skills card will be trained and evaluated during the training course.

### Technical skills tests [For successful course completion 4/4 tests will have to be passed successfully]

**1. Basic turn | During the first skills test session of the course**

- ✓ The rider maintains a natural ready position.
- ✓ The pace is calm, without any stopping between the turns.
- ✓ The phases of the turns are clearly demonstrated.
  - ➢ The snowboard in basic position, across the slope →
  - ➢ The snowboard is guided onto its base and into the fall line using a weight shift →
  - ➢ Starting from the fall line, the sliding turn is steered up using a rotation movement of the upper body →
  - ➢ The rider returns to basic position at the end of the turn.

**2. Control of snowboard in sliding | During the first skills test session of the course**

- ✓ The rider maintains a natural ready position.
- ✓ Sliding in the fall line, and stopping by weighting the board
- ✓ Controlled sliding in the traverse in both directions on both edges with fluent edge changes

**3. Sliding turn with up-unweighting | During the second skills test session of the course**

- ✓ The rider maintains an active and functional riding position well suited to the situation
- ✓ The rider shows continuous movements with functional timing (weigting / unweighting)
- ✓ The rider makes sliding turns and the turns are appropriately steered up and finished.

**4. Snowboarding freestyle skills (incl. 360’s with snow contact, riding switch, ollies)| Skills test in connection with the second test session during the course**

- ✓ The rider maintains an active and functional riding position well suited to the situation
- ✓ 360 Spins with snow contact in both directions, changes to switch position and back, jumps with ollie take-off
- ✓ The tricks are performed fluently and the rider maintains appropriate speed control.

### Skills card [For successful course completion 4/6 tests will have to be passed successfully]

**The following skills items will be trained and assessed during the course using self-evaluation and peer-evaluation supported by the trainer.**

1. **One-foot turns | During the first skills test session of the course**
2. **Switch basic turn | During the first skills test session of the course**
3. **Manual | During the first skills test session of the course**
4. **FS 180 + cab 180 with a jump**
5. **Different kinds of turns in different conditions (carving, nose roll etc.)**
6. **Easy press / dancefloor**

### Assessment of professional suitability | Continuous assessment throughout the whole training course

- ✓ The instructor candidate’s general behaviour and actions are in accordance with the principles of equality and appropriate for customer service tasks. The trainer needs not interfere in any way with the candidate’s behaviour or activities during the course.
- ✓ The student participates in the scheduled program with appropriate equipment.
  (If needed, the student is allowed to be absent for half a day for compelling reasons. Any periods of absence will have to be agreed on in advance with the trainer)
- ✓ During the course, the student actively participates in all activities, including self-directed activities and activities in pairs and different groups.
- ✓ The candidate shows adequate language skills and interaction skills as required for snowsports instruction tasks.