

# The Learning Connection

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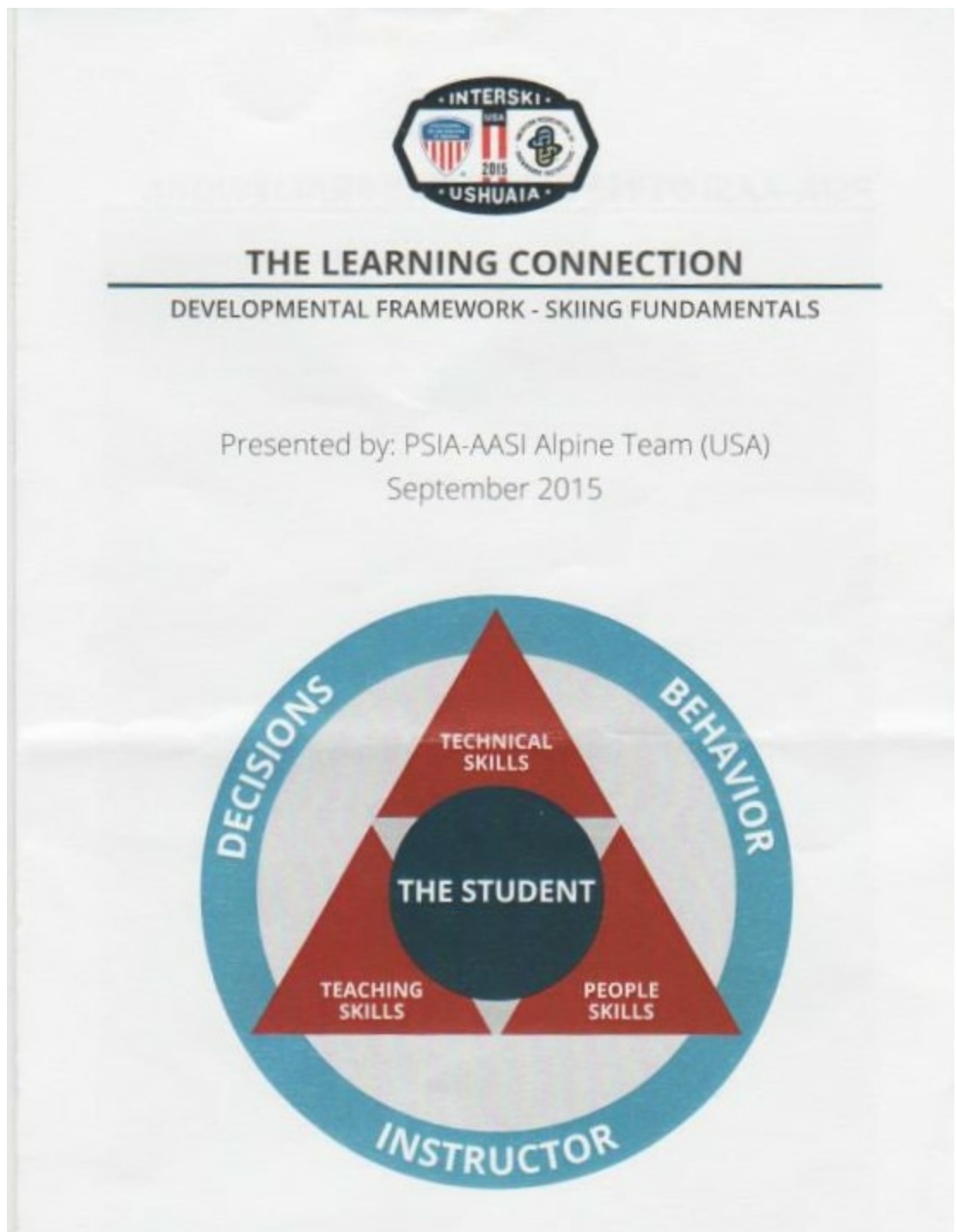
I had the pleasure to be allocated to follow the Americans at Interski 2015. The team had a really strong and deep amount of information to transfer to the other nations.

Long-time advocates of a student centred approach, PSIA-AASI have come to the conclusion that in order to be fully student centred, the instructors themselves are the key element to making this happen. The vast array of background knowledge needed to be able to do this has been categorised in to a three part model. To enable good teaching, the instructor needs to be able to combine these three key areas.

Teaching skills

Technical skills

People skills



## Teaching Skills

In this workshop they asked us “what makes a great session?”; “what happened in those sessions which you remember went really well?”

The answers from the groups were as you would expect and each one was welcomed by the Americans’ facilitators. So being safe, feeling safe, being confident and supported, being engaged, being encouraged, connections within the group and to the instructor, buy in from the students, some learning from the students and an appreciation of achievement by the students. All good stuff.

The PSIA-AASI summarised their teaching approach as:

Student Centred

Experience driven

Skills focused

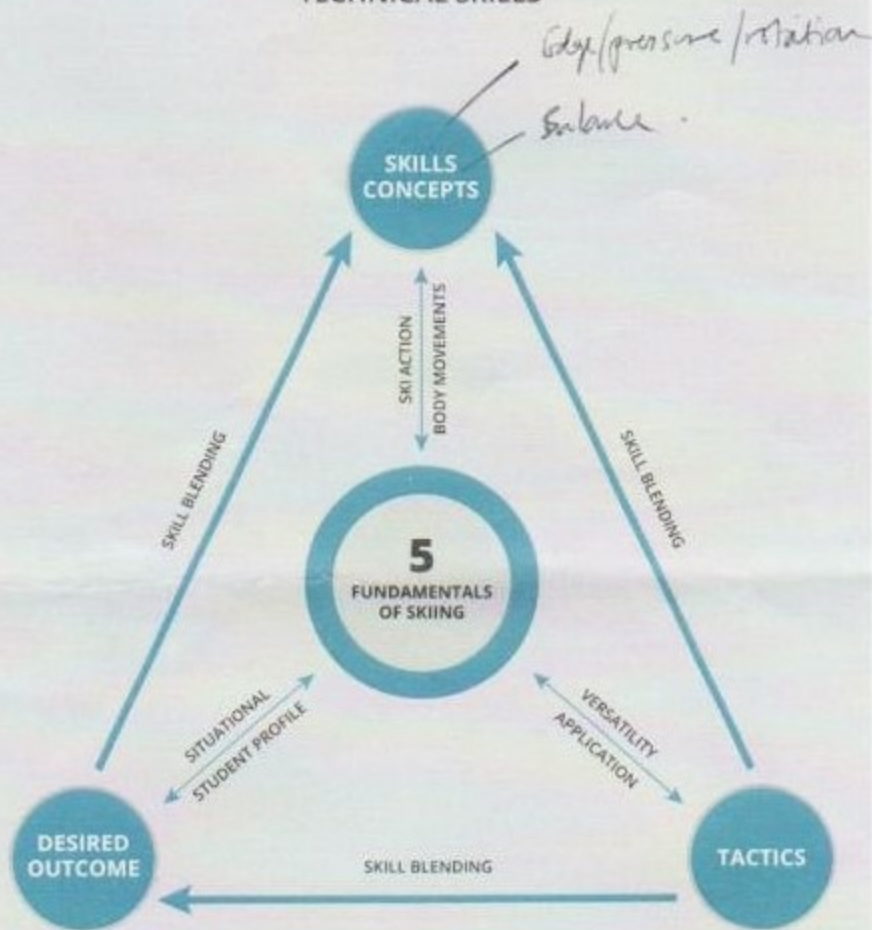
## Technical Skills

There has been a big effort to develop a coherent technical approach since St Anton 2011. They have come up with five fundamentals which they believe can be the basis for any technical approach to skiing. Any actions, drills or technical goals should be able to be related to one of the 5 fundamentals. This allows the Americans to distinguish between their technical fundamentals and “coaching cues”, which may help people achieve better skiing, but are likely to be more individualised and must not be confused with the fundamentals.

They also have the skiing skills of edge, rotation and pressure; the tactical skills and the concept of a desired outcome. These are linked together in a pyramidal diagrammatic model which links through the fundamentals.

# FUNDAMENTALS OF SKIING

## TECHNICAL SKILLS



- Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure to the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski-to-snow interaction.

## People skills

They have separated these from the teaching skills as they believe that they can have great teachers, who may perform well in assessments, but are not able to connect with colleagues or clients. They then can address the issue of instructors who are theoretically good at their job, but people don't like to ride a lift with them.

This push has come from the snowboard section of the association, but the lessons are valid for all disciplines. They hope that through the development of their teachers, they will be able to improve their conversion rate (currently only 17% of all first time participants will commit to the sport long term).

The key elements to these skills are in their handout below:

## PSIA-AASI People Skills 001

### PSIA-AASI SNOWBOARD TEAM:

#### THE PERSONAL CONNECTION

Do we teach snowboarding to people? *-or-* Do we teach people to snowboard?

#### QUESTIONS TO ASK THAT DRIVE A PERSONAL CONNECTION:

- Why do you like snowboarding or skiing?
- How can we, as instructors, ignite passion to get our students to love snowboarding or skiing?
- What motivates our students?
- How can we, as instructors, establish trust with our students?

The Learning Partnership connects the mind and body through a deeper personal connection.

Explore ways to read, welcome, engage, and assess your students. This helps spark their enthusiasm for lifelong learning about snowsports.

