



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

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Clinic Summary Notes

Clinic Topic: Class Lessons for Neurocognitive Students, Teresa Day, mothert@oneimage.com

1. A class lesson has 2 or more students with or without assistants.
2. What is taught is the same as is presented in lessons for neurotypical guests. How it is taught is different.
3. Assessments: Comprehensive assessments will help ensure a “fit” for the class.
 - a. There will never be a perfect “fit” but the more you know about your students the easier it will be to work with the group.
 - b. Learn about different diagnoses. The more you know the more appropriate the assessments will be.
4. Teaching Segments: Keep segments short with multiple repetitions. Use the students’ interests (discovered during the assessment) as a foundation of teaching for transfer.
5. Safety is paramount:
 - a. The instructor is responsible for the safety of themselves and their guests.
 - b. Speed control is through turn shape not a wedge.

Resources:

PSIA-AASI’s Manuals: <https://thesnowpros.org/education/digital-manuals-for-every-discipline>

- *Alpine Technical Manual*
- *Adaptive Alpine Technical Manual* for adaptive specific movement
- *Adaptive Instruction Supplement* for diagnoses and medication
- *Adaptive Snowboard Guide*
- *Adaptive Snowsports Instruction*
- *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines*