

EDUCATION GUIDELINES SNOWBOARD AUSTRIA

AustriaSnowboardSystem

Introduction:

Austrian snowboard instructor education is based on broad knowledge in competitive sport, sport science, sport industry and economy – accustomed to the latest developments which snowboarding and tourism undergo. The various education levels ground on a regional-federal law structure. The training is based on the Austrian Curriculum for Snowboard Instructors ratified by the federal ministry for education, science and culture (BMBWK) in 1999. Our intention is to give our participants an understanding of all the different aspects of snowboarding without losing the sport's casual fascination. Besides the theoretical education we do not only teach methodical elements in the practical training sessions but also try to improve the participants own skills and their responsibility for safety.



Overview

Step 1:	L 1	Snowboardinstructor – Level I	10 days
Step 2	L 2	Snowboardinstructor – Level II (A) – alpine (B) - freestyle	13 days
	A 1	Alpinecourse 1	6 days

Steps 1 and 2 are based on regional laws and the Austrian Curriculum for Snowboard Instructors.

Step 3	L 3	state-certified Snowboardinstructor	several weeks
		Alpinecourse 2	
		option: Snowboardguide	several weeks

Step 3 is held in co-operation with BMBWK (federal ministry of education, science and culture) and BAfL Innsbruck (federal institute of physical education)

Snowboardinstructor – Level I

prerequisites:	16 years old medical certificate good skills on either soft- or hardboots, confident use of red marked slopes
duration:	10 days

practical subjects

basics	demonstrating exercises and basic turns (driftturn basic); knowledge in methodology and understanding of motion patterns of beginners; safe group leading.
practical methodical exercises	Explaining and demonstrating basic motion patterns. Spotting mistakes and correcting them. Offering methodical help and solutions in class.
improving participants' own skills	correcting mistakes with advanced riders, carvingturns and short turns
exams	3 demonstration runs: ① Driftturn basic ② + ③ various isolated methodical exercises teaching class: teaching of various different exercises skills: test of riding skills

theoretical subjects

lectures are held by instructors as well as other experts on different fields (doctors, managers, avalanche specialists ...)	3 hrs. didactics 3 hrs. science of motion 2 hrs. general knowledge of the subject (history, environment and tourism) 2 hrs. vocationally oriented knowledge, safety and risks 2 hrs. alpinism 2 hrs. equipment 1 hrs. anatomy and first aid 1 hrs. english
exams	all subjects , except alpinism and english

successful completion entitles to instruct beginners!

S n o w b o a r d i n s t r u c t o r - a l p i n e

prerequisites	successful completion of level I or BAFL Snowboard instructor; 2 weeks teaching experience; 17 years of age; medical certificate
duration	13 days, sometimes offered in two blocks

practical subjects

advanced	demonstrating exercises an advanced turns; knowledge in methodology and understanding of characteristics of rough and fine form of motion
practical methodical exercises	Explaining and demonstrating advanced motion patterns (up to carvingturn and short turn). Spotting mistakes and correcting them. Offering methodical help and solutions in class
off-piste riding and improving ones own skills	Improving riding and adapting skills to terrain, snow conditions and speed choice of suitable teaching and riding methods on and off-piste
racing	Improving basic racing technique. Basic knowledge in course setting and race organisation
basics freestyle	basic technique of softboot riding, slopestyle and basic jumps
exams examination board: min. 2 examiners	3 demonstration runs: driftturn pro (funnel), short turn carvingturns with change of rhythm 2 off-piste runs: confident and safe run (group leading) „show off“ run (skills) teaching class: teaching of various different exercises giant slalom (time trial)

theoretical subjects

subjects	<ul style="list-style-type: none"> 3 hrs. didactics 3 hrs. science of motion and biomechanics 2 hrs. general knowledge of the subject (environment and tourism) 2 hrs. vocationally oriented knowledge, safety and risks 4 hrs. alpinism 1 hrs. equipment and board tuning 2 hrs. anatomy and first aid 2 hrs. english
exams	all subjects

snowboardinstructor - freestyle

prerequisites	same as snowboardinstructor alpine + aptitude exam
duration	13 days. sometimes offered in two blocks

practical subjects

advanced	demonstrating exercises an advanced turns; knowledge in methodology and understanding of characteristics of rough and fine form of motion
freestyle	demonstration of freestyle maouvers. knowledge in methodology and understanding of characteristics of rough and fine form of motion slopestyle, straight jump with and without rotation, halfpipe
practical methodical exercises	Explaining and demonstrating advanced motion patterns and freestyle moves. Spotting mistakes and correcting them. Offering methodical help and solutions in class
off-piste riding and improving ones own skills	Improving riding and adapting skills to terrain, snow conditions and speed choice of suitable teaching and riding methods on and off-piste
exams examination board: min. 2 examiners	Demonstration run: carvingturn Freestyle ① straight jump and ② halfpipe 2 off-piste runs ① confident and safe run (group leading) ② „show off“ run (skills) teaching class: teaching of various different exercises

theoretical subjects

theory	3 hrs. didactics 3 hrs. science of motion and biomechanics 2 hrs. general knowledge of the subject (environment and tourisms) 2 hrs. vocationally oriented knowledge, safety and risks 4 hrs. alpinism 1 hrs. equipment – board tuning 3 hrs. construction: funpark and halfpipe 2 hrs. anatomy and first aid 2 hrs. english
exams	all subjects

concluding step to level II:

Alpine courses can be organised by either a mountainguide or skiing instructor association or the federal institute of physical education.

Alpine course 1

duration

6 days

practical subjects

Snowboarding off-piste: preparing and planing tours. Judging alpine dangers using the knowledge on weather, snow conditions and terrain. Exercising group and self rescue. Group leading off-piste. Organisation of rescue operation.

exams

Examining a snow-profile; snow and avalanches
Map-reading and orientation
avalanche transceiver search
group leading off-piste

theoretical subjects

Snow and avalanches
Meteorology and alpine dangers
Map-reading and orientation

exams

the theoretical exams could be included in the practical tests

Successful completion entitles to instruct beginners and advanced riders on marked pistes and ski routes. Freestyleinstructors are entitled to give freestyle lessons in funparks and specially designed areas.

TIMETABLE PRACTICAL EDUCATION:

excluding examination hours

	Subjects	Level I	Level II	
			Alpine	Freestyle
1	methodology	20	15	15
2	riding skills/piste & off-piste	20	20	15
3	duel and GS	X	10	X
4	guiding and off-piste behaviour	X	10	10
5	freestyle	X	X	15
6	practical-methodical exercises	5	5	5
	Total	45	60	

TIMETABLE THEORY

	Subjects	Level I	Level II	
			Alpine	Freestyle
1	method of teaching *	3	3	3
2	science of motion - biomechanics	3	3	3
3	videoanalysis	1	2	2
4	equipment/tuning	2	1	1
5	general knowledge of the subject history, organisation and structure, environment & tourism	2	2	2
6	vocationally oriented knowledge, safety and risks	2	2	2
7	alpinism	2	4	4
8	anatomy & 1. aid	1	2	2
9	construction (halfpipe, jumps, obstacles)	X	X	3
10	english (foreign language)	1	2	2
	Total	17	20	23

* including tuition of children

Focuses of AustriaSnowboardSystems

