

Name: _____ Date: _____

Ski Area and/or Affiliation _____

Workbook for Senior Specialist 1

1. In order to teach effectively, the instructor needs to establish a relevant learning partnership. Explain the basics of this important principle.

2. Besides age, senior clients have a number of things in common which include:

A) Being very goal oriented

B) Having many years of life experiences to draw from

C) Knowing that strenuous exercise is harmful for people over the age of 70 and/or younger ages based on level of fitness and medical history.

D) Are experts at something that will influence how they learn

E) Are attracted to skiing/riding for the social experiences

F) Knowing they are too old to ski/ride after the age of 55, the sport is too unsafe

3. Discuss how four of the above characteristics influence instruction of the senior client.

4. Briefly explain elements of the senior CAP model and how you would use them in teaching senior clients.

Cognitive:

Affective:

Physical:

5. What concepts are important to understand regarding equipment (skis, boots, poles, snowboard, safety equipment and clothing) for senior skiers/riders?

6. Describe the components of the sensory receptors and how these can impact potential outcomes during the lesson:

V:

A:

K:

7. Describe one component from each of Maslow's Hierarchy of Needs as it can relate to a senior client and why:

1.

2.

3.

4.

5.

8. Choose three basic physical conditions to be aware of when preparing to teach the senior client. Explain how your teaching progression may be altered or adapted.

9. For skiers using BERP, list a few components of the senior specific movement patterns:

Balance:

Edging:

Rotary:

Pressure:

For snowboarders do the same only referring to TTPP.

Tilt:

Twist:

Pressure:

Pivot:

Lesson Planning Scenarios

Below are seven scenarios of possible senior client groups or individuals. Choose one of the seven to develop a complete lesson plan using the attached **Lesson Planning Worksheet**. Read the scenario carefully, document the primary consideration you will keep in mind during the lesson you are developing (i.e., what you should be very conscious of as you work with this group). Thoughts to include may be your first day introduction and assessment for the class; goals for the participants in the class, progressions and experiences to reach the goals and back-up plans for learning styles or variable conditions.

Scenario #1 You have a class of 6 women that range in age from 55 to 65 with varied work histories. They are all entry-level beginners. Some are on rental equipment, others on their own equipment. A few have rear entry boots. As they approach the teaching area, you observe all are reasonably fit and have a variety of balancing skills as they walk in their ski boots. They are coming up to the mountain for a six-week session.

Scenario #2 You have a private lesson with a 63-year-old man who took beginning lessons last season. He has his own equipment and is very enthusiastic about improving his skiing/riding skills. His goal is to ski/ride blue runs comfortably and try to ski/ride advanced blue runs with good technique. He is in average physical condition, but a little overweight and tells you when he falls he has a hard time getting up again as he had a hip replacement three years ago. He shares if he is happy with this lesson, he would like at least 3 more private lessons with you.

Scenario #3 You have a walk-in married couple, both 68 who would like to ski all day instead of being exhausted by lunch time. They decided lessons are the route to better skiing and look to you for tips on how to ski all day on the blue terrain they are comfortable on. They have high end gear, are fit but the husband indicates he is very hard of hearing and the wife forgot her prescription goggles and is having a hard time seeing details.

Scenario #4 You have a beginning private with a 55 year old man who wants to learn to ski so he can join his family and grandchildren when they go on ski trips and for weekend skiing. He is in very poor physical shape and has not engaged in sports or exercised for several years and he is also a smoker. He tells you he would like advice on equipment, clothing and great places to go on family ski vacations.

Scenario #5 You have a class of 7 over 50s, which includes 4 men and 3 women. They have all skied for 5 or more years but are not comfortable with their speed and want to feel good and look good on the hill. They can all ski blue runs, but with different abilities. Two of the women and one man are very slow, very cautious and use “z” turns for control. The other women and the 3 other men ski very fast with little control. They have signed up for a multi-lesson series and want to ski together.

Scenario #6 Two guys in their mid-60’s have taught skiing for 20 plus years. They have been involved in PSIA certification and Training Clinics for as many years. In a humorous manner they have both given the snowboard instructors a few Knick names like “Knuckle Draggers”, “Park Rats”, etc. At the same time watching those instructors that teach both disciplines having fun and teaching more hours. They have decided it would be fun and challenging to try learning to ride. With emphasis on not letting anyone from their area know about it. They joke about how cool it would be to slide into their own locker room, strap on their gear and make some nice easy turns among the morning groups. It’s all fun and games, as long as nobody gets hurt!

Scenario #7 A married couple has decided to try to impress their grandkids by learning how to snowboard. They have no dreams of ever ripping it up, but at least making some smooth – safe easy turns. They are both very basic skiers at best and athletics is not their strong suit. They both are very adamant about wanting to learn and willing to give it their best shot. However, they want their instructor to take all measures possible to ensure their safety and hopefully let them stay together. They would like to set up at least 3 lessons. Although they want to get the most bang for their buck, they are not afraid to spend money for what they want.

Planning Scenario Areas of Focus

Guest Description

Description of Guest Needs

Use of Mountain Playground

The Wrap-Up