

## CHILDREN'S SPECIALIST LEVEL 2 EXAM SCHEDULE

*Course Schedules are subject to change due to terrain, weather, crowds, group size, snow conditions, etc. Please use this information as a rough guideline.*

### DAY 1 – Education

#### AM On-Hill

- Explore children's movement patterns and physiology
  - Real vs. Ideal for each age group (Realistic expectations for kids – How good can they get?)
- Balance & Stance
  - Rotary movements
  - Edge control
  - Pressure control
- Review of CAP Model/ Movement patterns
  - Applying to Little Kids, Big Kids, Teens
- Other considerations
  - Speed
  - Turn shape
  - Overall coordination
  - Developmental stage – CAP Model
  - Body size
  - Age
  - Sports experience – especially riding or skiing

#### PM On-Hill

- Each participant will give a 5-minute prepared presentation using props.  
\*Clinician may cover exploring exercises that will address different movement patterns and how to improve them (if time allows).
- Equipment
  - Skis & Boards (stance, equipment length, etc.)
  - Ski pole introduction
  - Helmets

### DAY 2 – Education/Evaluation

#### AM On-Hill

- Movement analysis on videotape (2 hour session for a 5–6 person group includes a short practice time then each person does a movement analysis and lesson plan.)
- Obstacle course
  - Effective use of toys, tools, and equipment
  - Building props and creating your own play area
- Creativity

- Spider webbing
- Explorer, Artist, Judge, Warrior
- Multiple Intelligences
  - Linguistic
  - Logical/mathematical
  - Spatial
  - Body/Kinesthetic
  - Musical
  - Interpersonal
  - Intrapersonal
- Maslow's Hierarchy
  - Physiological Needs
  - Need for safety & security
  - Need for belonging
  - Need for Self-esteem
  - Need for self-actualization
- Play, Drill, Adventure, Summary (talking to parents)
  - Task, Cue, Challenge
  - Alternate lesson formats – Make a deal
  - Games and activities –why we play the games we play
  - Checking for understanding / Motivating for the future
  - Talking to parents

#### PM

- Group Teaching Presentations

### DAY 3 – Teaching/Evaluation

Individual Teaching presentations

#### CHILDREN'S SPECIALIST 2 SAMPLE TEACHING ASSIGNMENTS

**Skier:** 8-year-old boy. Makes higher speed, shallow, short radius turns with large heel push to engage/steer outside ski on intermediate terrain.

**MI:** Interpersonal, Body or Music

**Skier:** 11-year-old girl. Makes medium radius parallel turns with well-timed pole plant. The stance is relatively centered but stiff in the ankles, with minimal leg steering.

**MI:** Music, Interpersonal, Word (linguistic)

**Skier:** 10-year-old race team boy taking a 3 hour private. Can tip skis up and carve higher speed medium turns with good balance. Braces leg and skids skis at turn completion in shorter turns moves to the rear.

**MI:** Body, Spatial, Logical/Mathematical

**Skier:** 7-year-old girl. Her family has a condo at the ski area, skis 30+ days per year. She is comfortable on black diamond terrain if the snow is good. In general, she skis to the rear and rotates her upper body to release and steer the skis. On steeper terrain, her rearward stance becomes very pronounced and she braces outside leg and pushes heel to engage the ski at turn completion.

**MI:** Spatial, Intrapersonal, Word(linguistic)

**Skier:** 12-year-old girl, athletic and rides horses at home. Makes medium and short radius turns in good balance with a pole plant. Has some leg steering but basically pivots through the turn on a flat ski.

**MI:** Logical/Mathematical, Music, Spatial

**Skier:** 13-year-old boy tall for his age. He likes soccer and plays video games. Skis blue and black terrain with parallel turns. The stance is slightly back with minimal leg rotation.

**MI:** Spatial, Intrapersonal, Logical/Mathematical

**Skier:** 6-year-old girl, daughter of Ski School Director and has been skiing since the age of 3. Rips around the mountain and is comfortable on easy black diamond terrain. Has a well-timed pole plant. Makes highly edged/carved turns in blue groomed terrain and has a strong stem christie turn on black terrain.

**MI:** Interpersonal, Spatial

**Rider:** 8 year old girl, averages 40 days a season on snow. She makes nice skidded turns on blues and wants to learn how to carve so she can ride fast like Eva Samkova.

**MI:** Spatial, Interpersonal

**Rider:** 12 year old boy that rides groomed blue and black runs comfortably. Uses good most flexed movement pattern for those turns and is looking to learn how to ride bumps so he can keep up with dad.

**MI:** Musical, Naturalistic

**Rider:** 10 year old boy can ride greens and easy blues comfortably both regular and switch. He has been slow to swich between the two so he wants to learn a 180 so he can make a smooth airborne transition.

**MI:** Mathematical/logical, Intrapersonal

**Rider:**

**Rider:**

**Rider:**

**Rider:**