



Ski Association of Slovenia, **Ski Instructors and Trainers Association of Slovenia**
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ALPINE SKI INSTRUCTOR 1 (U1) (112 HOURS)

Description and purpose

The terms teacher, instructor and other terms written in male gender are used as neutral and refer both to male and female gender.

The basic purpose of the programme is to qualify professionals in the field of Alpine skiing so that they can work as assistants or under the supervision of more experienced qualified instructors of higher levels. They will be responsible for training– teaching groups of beginner levels.

After they successfully complete the programme Alpine ski instructor 1 the candidates acquire basic skills in the field of Alpine skiing which are necessary in practice.

The implementing bodies of the programme are Faculty of Sports, Faculty for Pedagogics in Ljubljana, Faculty for Pedagogics in Maribor, Faculty for Pedagogics in Koper and Faculty for Mathematics, Natural Science and Information Technology of University of Primorska («applicative kinesiology» training programme). The programme Alpine skiing instructor 1 must be identical to the programme of the competent national Sport Associations, previously approved by Professional Sports Board of the Republic of Slovenia. Participants of the qualification programme can be exclusively students of the above mentioned university programmes.

Enrolment conditions

Only candidates who meet the following conditions may enrol into the programme Alpine skiing instructor 1:

- are over 18 years of age,
- have finished 3-years of vocational college,

Prior to the beginning of the course the organiser can practically test basic Alpine skiing skills and in case of insufficient knowledge also decline certain candidates.

Conditions of advancement

The training programme allows advancement to higher levels. Candidates who acquire the title Alpine skiing instructor 1 and whose licence is validated for that season can enrol in the programme Alpine skiing instructor 2.

Conditions of completing the programme

The conditions of completing the programme are as follows:

- passing the theoretical part (contents are determined in the curriculum),
- passing the practical part (contents are determined in the curriculum),
- practical demonstration of leading a group,
- pedagogical practice.

The candidates take the exam in front of the Board of examiners, determined by the implementing body on the basis of Rules on National Board of Examiners by SITAS.

At theoretical and practical parts of the exam the candidates are evaluated by »passed« or »failed«. After the candidates successfully complete practical work and fulfil all other obligations they acquire the title Alpine skiing instructor 1.

Notes and literature

- Božič B. and co (2012). PRIROČNIK ZA PREDAVATELJE TEORETIČNIH VSEBIN NA KADROVSKIH TEČAJIH ZUTS SLOVENIJE. Ljubljana: SZS-ZUTS Slovenije
- Guček, A. (2004). Sledi smučanja po starem: smučarske tehnike. Ljubljana: SZS-ZUTS Slovenije.
- Guček, A. (1998). Po smučinah od pradavnine. Ljubljana: Mangolija.
- Lešnik B., Žvan, M. (2007). Naše smučine. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Pišot, R., Videmšek, M. (2004). Smučanje je igra. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Videmšek, D., Guček, A., Ažman, D., Giacomelli, O., Grabnar, P., Kordež, M. idr. (2002). Smučanje danes. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Marušič, T. (2007). Slovensko smučarsko pravo in varnost na smučiščih. Ljubljana: Uradni list Republike Slovenije.

Other sources available on [www](http://www.sitas.si).

Detailed way of carrying out courses to acquire professional titles (the implementing body of which is SITAS) is described and determined in:

- Rules on National Board of Examiners of SITAS;
- Rules on SITAS Demo Team Members;

The candidates must complete their training no later than three (3) years since their enrolment, the exam can be taken no more than three (3) times.

SUBJECTS OF THEORETICAL PART (36 HOURS)

MANAGEMENT IN SPORTS WITH THE BASES OF INFORMATICS AND LEGISLATION (5 HOURS)

Description of the subject

- management of systems in sports – organisation and operation of associations and clubs – marketing in sports – funding of sports – informatics in sports – the course of training of professionals in skiing from the aspect of rules and legislation in the field of sports.

ENVIRONMENTAL ASPECTS OF SKI SPORT (5 HOURS)

Description of the subject

All forms of ski sport/ skiing are carried out in natural environment. Therefore, skiers of all disciplines should consider this and act accordingly. SITAS – being a rank organisation – strives for popularisation and development of recreational as well as competitive skiing. Teaching and learning should be a special experience for teachers and learners. Ski instructors, trainers and ski centre operators play a very important role in this.

The 10 FIS rules 1. FIS environmental rules for winter sports (FIS 2002) 2. Environmental advice, free skiing and tour skiing • Collect information • Follow the blazes and instructions •

Keep the »quiet zone« • Protect the plants • Do not make noise • Keep wild animals safe • Set out on tour at the right time • Use public transport • Reduce garbage • Be interested in nature, environment and mountain culture

3. Environmental rules regarding snow cats

4. Environmental rules regarding ski lift and ski slope operators

a) Repairing damage; b) Ensuring water management:

- Including car parks into landscape and their maintenance.
- Reminding the employees of environment-friendly behaviour.
- All works should be carried out in such a way so that environment is not harmed.
- All movable and obtrusive devices must be removed at the end of the season.
- In winter time, operating must be environment-friendly
- Ski slope can operate only when snow cover is thick enough.
- Slopes with not enough snow cover must be efficiently closed.
- Ski slopes should be interesting, which prevents skiing outside organised areas on dangerous and ecologically sensitive areas.
- Posters, signs and information boards should be used to inform skiers
- We should be careful about the quantity and disposal of garbage. There should be enough litter bins. Tourist establishments on ski slopes must reduce their garbage and reuse packaging material.
- Promotion of public transport and the so-called ski buses.

BASES OF PEDAGOGICS AND DIDACTICS IN SPORTS (5 HOURS)

Description of the subject

- definition of didactics and pedagogics of lessons in skiing – basic didactic concepts,- ways of learning,
- definition and composition of a training lesson,
- meaning of lesson preparation,
- levels of learning process,
- learning methods,
- forms of learning,
- instructions for lesson preparation.
- characteristics of education and its role in ski teaching,
- factors and objectives of teaching – choosing appropriate methods and setting realistic goals of pedagogical process,
- acquiring educational values,
- the efficiency of pedagogical process in aspect of discipline and structure,
- material-technical bases of ski learning,
- forms of learning (frontal, group, individual),
- the content of lessons – lesson preparation - teacher- evaluation of a lesson plan,
- comprehensive care for a learner – advising and help to learners.

THE BASES OF DEVELOPMENT PSYCHOLOGY AND PSYCHOLOGY IN SPORTS (5 HOURS)

Description of the subject

- Psychology in sports (resolving problems, its role and practical use);
- Systemisation of behaviour in various stages of human life,
- Influence on development, guiding the development.
- Motivation;
- Motivation for training and competition;
- Keeping motivation for strenuous tasks;
- Aggression, limits of positive influence;
- Inhibiting effects of anxiety and methods of reducing it;
- Psychology of learning, basic principles, methods and techniques in motoric learning;
- Meaning of good psychological preparation for competitions (improving concentration, autogenic training, feedback etc.);
- Personality of a trainer, relation trainer-athlete, trainer- parents, trainer- environment...

THE BASES OF SPORTS MEDICINE AND FIRST AID (5 HOURS)

Description of the subject

- ensuring basic skills for patient care,
- assessing condition of the injured (physical and psychological),
- communication with the injured according to their condition,
- ways of treatment and care,
- minor injuries,
- internal injuries,
- allergic reactions,
- nerve injuries,
- digestive problems,
- burns,
- hypothermia,
- frostbites,
- accidents caused by lightning,
- airsickness,
- sprains/fractures,
- open fractures,
- dislocations of limbs,
- head injuries,
- infections,
- first aid kit,
- accident documentation.

BASES OF THEORY AND METHODICS OF SPORTS TRAINING (5 HOURS)

Description of the subject

- athlete's body and its operation during strenuous exercise, - psychosomatic status of athlete - the meaning of physical skills during training, - the means and methods of development of physical skills, - measurements of athlete's physical condition, - periodisation of training (training programme), - planning, performance, control and assessment of training, - special features of training according to age group and gender..

SKIING EQUIPMENT AND PREPARATION OF SKIS (2 HOURS)

Description of the subject

- development of skiing equipment, - composition of skis, - gliding characteristics of skis, - length and side cut of skis, - bending stiffness and torsion resistance of skis, - functions of lifter ski plate, - the meaning of ski binding, - functions and importance of ski boots, - importance of ski poles, - how to choose ski clothing, - importance of ski helmet and how to choose it, - protection from weather conditions, - how to choose ski equipment for a child, - trends in ski industry, - picture demonstration of preparation of skis (basic procedures and purpose of preparation of skis).

TECHNIQUE AND METODICS OF ALPINE SKIING – in theory (3 HOURS)

Description of the subject

- bases of Slovenian ski terminology, - definition of basic concepts: - definition of a turn, - fall-line (definition), - long, short turn, - open and close turn, - uphill and downhill turn, - fan (purpose and use), - analysis of a ski turn (phases of a turn), - timing, - circular movement, - ski pole plant, - beginning body distortion, - ski edging, - corridors of skiing, - basic characteristics of modern skiing technique – methodical revision of individual elements.

HISTORY OF SKIING (1 HOUR)

Description of the subject – skiing as national sport, - mythology of skiing, - prehistory of skiing, - skiing in Middle Ages, - skiing in Early Modern Period, - Bloke skiing, - cottage owners and skiing, - the development of organised skiing in Slovenia, - the development of sports skiing in Slovenia, - skiing for blind and visually-impaired people, - skiing competitions of Partisans on occupied territory.

SUBJECTS OF PRACTICAL PART (48 HOURS)

TECHNIQUE AND METODICS OF ALPINE SKIING – in practice (36 HOURS)

Description of the subject

Practical part of the U1 course last for 6 days. Due to simpler organisation it can be carried out in one or more parts. The contents include more accurate study of beginner forms of skiing. The aim of the practical part on snow includes methodics of ski teaching and mastering the technique of various skiing elements, which is very important when working with beginners or skiers with little skills in skiing. Various didactic accessories are necessary to improve their skiing skills. DAY 1: WORK ON SNOW – 6 hours: Adapting to skis and basic forms of gliding: - on the spot exercises, - gliding forward, - simple changes of gliding direction. Beginning forms of skiing: wedged turns. DAY 2: WORK ON SNOW – 6 hours: Beginning forms of skiing: - wedged turns, - stem push-off turn. DAY 3: WORK ON SNOW – 6 hours: Beginning forms of skiing: - stem push-off turn /ski pole plant, - basic swinging. DAY 4: WORK ON SNOW – 6 hours: Advanced forms of skiing: - terrain swinging in wide corridor. DAY 5: WORK ON SNOW – 6 hours: Advanced forms of skiing: - terrain swinging in narrow corridor. DAY 6: WORK ON SNOW

(repetition, contents are determined by candidates, practical demonstration of leading a group– 6 hours: Revision of all contents (teaching beginners and children with or without accessories, setting polygons,...).

PRACTICAL EXAMPLES OF TRAINING WITH VIDEO-ANALYSIS (12 HOURS)

Description of the subject

- Alpine skiing technique– 5 hours, - Methodics of teaching Alpine skiing– 2 hours, - Teaching preparation– 1 hour, -Practical examples of eliminating mistakes– 4 hours.

PEDAGOGICAL PRACTICE (20 HOURS)

Description of the subject

In-class observations; -Teaching with a mentor; - Analysis of teaching preparations and lessons of a candidate; - Teaching basic contents; -Ways of demonstrations etc. The candidates must complete practical work under the supervision of a licensed mentor.

PRACTICAL EXAM (5 HOURS)

Description of the subject

The date of practical exam must be determined in accordance with the course timetable. The head of the Board of Examiners (DIK) and examiners must set the date and place of practical exam in due course. The examiners must be present at the practical part of the exam. The dates are set by the head of DIK in cooperation with regional leaders. On the basis of applications in November, the dates of practical exams are set. The candidates can apply for exams at SITAS web site. Only licensed DIK members, set by the head of DIK, can assess practical work. The exams U1, U2 and U3 must take place separately by levels. The board of examiners is composed of the president, who is at the same time examiner and other members, namely: - U1, level I. and II. two examiners: president and examiner, - level III. at least three examiners: president and at least two examiners, - exam retakes - two examiners: president and one examiner. The president of the Board of examiners is set by the head of DIK. Individual boards can assess up to 12 candidates at practical part. In order to carry out practical work – skiing technique– proper weather and snow conditions are necessary. Otherwise the exam commission has the right to postpone the assessment. The head of the course must submit regional leader with complete diary, list of successful candidates and documentation on successfully carried out practical part of the course. Prior to carrying out regional exam the leader of the region must show the head of the exam commission the list of candidates who have successfully passed both the practical and theoretical part of the exam. Prior to practical part of the exam the head of DIK must make sure all candidates are enlisted to official exam forms of SITAS. Prior to assessment of practical part the head of DIK greets the candidates, introduces members of commission and the programme. The candidates are then rank-ordered. Prior to the assessment the members of commission must be positioned on the ski slope in such a way so that each is able to see the complete terrain/slope. Grades of individual candidates must be written regularly on official SITAS exam forms. Practical part of the exam consists of: - practical demonstrations of leading a group, -GSL competition (only U3). Demonstration and GSL competition are independent parts of the practical exam. Assessment includes: - technical performance, - neatness. Positive grades are: 5 or higher (U1), 6 and higher (U2), 7 and higher (U3). Practical part is followed by coordination of grades. In the examiners' options differ the candidate's grade is determined by the president of the exam commission. In order to additionally test candidate's individual skill the president of the exam commission can demand a new demonstration of a certain element. The candidate successfully passes the



practical part if the average grade is at least 5.0 (U1) – with one (1) element graded lower than 5.0, 6.0 (U2) – with two (2) elements graded lower than 6.0, or 7.0 (U3) – with three (3) elements graded lower than 7.0.

THEORETICAL EXAM (3 HOURS)

Description of the subject

Theoretical part of the exam is normally in written form. The exam questions are chosen by the assessor and sent to candidates prior to the theoretical part of the exam. The assessor then chooses two questions from each set of theoretical contents, defined in this qualification programme. The exam sheets are assessed immediately after the written exam. In order to pass the exam, the candidate must achieve at least 50% in each set. The results of the theoretical part are sent to the organiser the same day. The results are available for inspection as agreed with the assessor. In case a candidate fails the exam, he can again enrol to the theoretical part but no more than twice.



ALPINE SKIING INSTRUCTOR 2 (U2) (101 HOURS)

Description and purpose

The terms teacher, instructor and other terms written in male gender are used as neutral and refer both to male and female gender.

The basic purpose of the programme is to qualify professionals in the field of Alpine skiing so that they will be able to independently teach and guide various groups of skiers or they will be able to work as assistants under the supervision of more experienced qualified instructors of higher levels

After they successfully complete the programme Alpine ski instructor 1 the candidates acquire basic skills in the field of Alpine skiing which are necessary in practice.

The implementing bodies of the programme are Faculty of Sports, Faculty for Pedagogics in Ljubljana, Faculty for Pedagogics in Maribor, Faculty for Pedagogics in Koper and Faculty for Mathematics, Natural Science and Information Technology of University of Primorska («applicative kinesiology» training programme). The programme Alpine skiing instructor 1 must be identical to the programme approved by Professional Sports Board of the Republic of Slovenia. Participants of the qualification programme can be exclusively students of the above mentioned university programmes.

Terms of enrolment

The terms of enrolment into the programme Alpine skiing instructor 2 are as follows:

- the candidates must be over 18 years of age,
- have finished 3-years of vocational college,
- have acquired Alpine skiing instructor 1 (U1),
- have acquired appropriate licence for teaching in that season.

The course organiser can test and later decline candidates without enough basic knowledge. Former competitors, who meet the conditions set by The Rules on Organisation of Courses can directly enrol to Alpine skiing instructor 2 (U2). In case these candidates don't fulfil their obligations to acquire the title Alpine skiing instructor 2, the previously acquired title Alpine skiing instructor 1 is not acknowledged either. Candidates who enrol to the course Alpine skiing instructor 2 under the above conditions must previously pass GENERAL PART of the exam (theoretical part - 30 hours). Passing the theoretical part of the exam is a condition to acquire the title Alpine skiing instructor 1.

The terms of advancement

The qualification programme allows advancement to higher professional titles. Candidates who acquire the title Alpine skiing instructor 2 and whose licence for current season is validated can enrol to the programme for acquiring the title Alpine skiing instructor 3 or Alpine skiing trainer.

The terms of completing the programme

The conditions for completing the qualification programme are as follows:

- passing the theoretical part (contents are determined in the curriculum),
- passing the practical part (contents are determined in the curriculum),

- practical demonstration of leading a group,
- pedagogical practice,
- a seminar paper.

The candidates take the exam in front of the Board of examiners, determined by the implementing body on the basis of Rules on National Board of Examiners by SITAS.

At theoretical and practical parts of the exam candidates are evaluated by »passed« or »failed«. After the candidates successful practice and fulfil all other obligations they acquire the title Alpine skiing instructor 2.

Candidates must complete their qualifications in three (3) years. They can take the exams three (3) times.

Notes and literature

- Božič B. and co (2011). PRIROČNIK ZA PREDAVATELJE TEORETIČNIH VSEBIN NA KADROVSKIH TEČAJIH ZUTS SLOVENIJE. Ljubljana: SZS-ZUTS Slovenije
- Črnivec B., Terčelj A. (1997). Skrivnosti nedotaknjenih strmin. Ljubljana: Narodna univerzitetna knjižnica.
- Guček, A. (2004). Sledi smučanja po starem: smučarske tehnike. Ljubljana: Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Guček, A.(1998). Po smučinah od pradavnine. Ljubljana: Magnolija.
- Lešnik B., Žvan, M. (2010). Naše smučine. Druga, dopolnjena izdaja. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Pišot, R., Videmšek, M. (2004). Smučanje je igra. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Guček S. (1989). Slovenija, zibelka smučanja v srednji Evropi. Ljubljana: Kmečki glas.
- Videmšek, D., Guček, A., Ažman, D., Giacomelli, O., Grabnar, P., Kordež, M. idr. (2002). Smučanje danes. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Marušič, T. (2007). Slovensko smučarsko pravo in varnost na smučiščih. Ljubljana: Uradni list Republike Slovenije.
- Kugovnik, O., Supej, M., Nemec, B. (2003). Biomehanika alpskega smučanja. Ljubljana: FŠ, Inštitut za šport.

Other sources available on world wide web.

Detailed way of carrying out courses to acquire professional titles (the implementing body of which is SITAS) is described and determined in:

- Rules on National Board of Examiners of SITAS;
- Rules on SITAS Demo Team Members;

SUBJECTS OF THEORETICAL PART (9 HOURS)

DANGERS WHEN SKIING IN THE MOUNTAINS (1 HOUR)

Description of the subject

- main characteristics and dangers of outdoor sports, - being safe (the condition of all sports), - accidents due to mountain conditions, - accidents due to physical conditions, - accidents due to inappropriate equipment, - dangers in the mountains, - rescue equipment, - snow and types of snow, - avalanches, - types of avalanches, - the mechanisms of triggering avalanches, - prevention from avalanches, - snow cover test, - legislation, - practical examples of causes for accidents and injuries outside organised ski slopes.

THE BASES OF SKIING BIOMECHANICS (1 HOUR)

Description of the subject

- basic terms, - body centre, - transversal balance position, - longitudinal balance position, - base of support, - forces in Alpine skiing, - forces in linear motion, - forces in curvilinear motion, - forces in skiing (radius, deep snow, bump), - the principle of turning the skis with and without skidding, - body pivoting

THE BASES OF BEHAVING IN THE EVENT OF AN ACCIDENT AND FIRST AID (1 HOUR)

Description of the subject

- behaving in the event of an accident on ski slopes (checking-up the injured person no matter how serious his injury is), - consolidation of contents of the theoretical part of the exam.

ORDER, SAFETY AND ETHICAL CODE OF BEHAVIOUR ON SKI SLOPES (1 HOUR)

Description of the subject

- events on ski slopes, - order and behaviour of skiers on ski slopes (10 FIS rules), - The code of ethics of Alpine skiing instructors and trainers of Slovenia, - tasks and responsibilities of professionals teaching groups, - tasks and responsibilities of the head of ski course, - tasks, responsibilities and authorisations of ski slope supervisors, - duties and rights of professionals to SITAS.

SKIING EQUIPMENT AND PREPARATION OF SKIS (1 HOUR)

Description of the subject

Practical demonstration of preparation of skis (basic procedures and purpose of preparation of skis).

SPECIAL DIDACTICS USING PEDAGOGICAL-PSYCHOLOGICAL APPROACHES (1 HOUR)

Description of the subject

- didactics, - basic didactic terms, - didactic principles, -, - transformation process, - advantages and disadvantages of individual and group training, - didactic accessories (appropriate accessories, appropriate use, their setting and making), - revision of instructions for teaching preparation, - practical examples of pedagogical-psychological behaviour of Alpine skiing instructor.

TECHNIQUE AND METHODICS OF ALPINE SKIING (2 HOURS)

Description of the subject

BASIS TERMS IN U1 – the bases of Slovenian ski terms (terminology), - definition of basis terms: - definition of turn – fall-line (definition and), - long, short turn, - open and close turn, - uphill

and downhill turn, - fan – accurate analysis of ski turn (forces in turn), - timing, - ski pole plant, - ski edging, - corridors of skiing, - inclination-speed-movement

MORE COMPLEX DEFINITIONS AND EXPLANATION OF TERMS: - skiing angulation – loading-upweighting –push-off- basic characteristics of modern skiing techniques: - wide open position of skis (balanced position, body centre), - movement of shoulder axis,(detailed explanation, bending) – leaning both knees in turn, - position of hips above the skis, - changing direction of skiing at low speed..., - ways of pivoting skis and speed control, METHODICS - advice, - characteristics of modern skiing (practical examples): - timing, - accuracy, - rhythm, - speed, - softness; - the scheme of national ski school, - same goal different ways: - advantages of group work; - methodical procedures and correction exercises: - key levels of learning, - methodical revision of individual elements of ski school.

THE HISTORY OF SKIING (1 HOUR)

Description of the subject

- development of Alpine skiing and skiing techniques, - Lilienfeld technique, - Nordic technique, - Arlberg technique, - rotation technique, - counter-rotation of the shoulders technique, - the technique of rotational movement and »egg posture« and wide open ski position, - mogul skiing technique, - starting a carving turn, - development of competitive skiing in Slovenia and abroad.

SUBJECTS OF PRACTICAL PART (55 HOURS)

TECHNIQUE AND METHODICS OF ALPINE SKIING – in practice (42 HOURS)

Description of the subject

Due to easier organisation the practical part of the U2 course (7 days (6+1)) can be carried out in one or two parts (extreme weather conditions). The contents include more accurate revision of basic and advanced forms of skiing. The aim of the practical part on snow is to acquire the knowledge in methodics of learning and to furtherly develop the technique of Alpine skiing (basic elements which are important when working with various categories of non-beginner skiers. In order to achieve progress of those groups various didactic accessories must be used. Therefore these accessories are a necessary part of a practical part of the exam. Besides learning and revising elements of ski school the course contents also include organisation of competitions for candidates and bases of freestyle skiing (providing that the conditions are right).

DAY 1: a) WORK ON SNOW (revision) – 6hours: Adapting to skis and basic forms of gliding: - on the spot exercises, - gliding forward, - simple changes in gliding direction. Basic forms of skiing: - wedged turns, - stem push-off turn. DAY 2: WORK ON SNOW– part 1. (revision) – 6hours: Basic forms of skiing: - stem push-off turn /pole plant, - basic swinging. DAY 3: a) WORK ON SNOW– 6hours: Advanced forms of skiing: - terrain swinging in wide corridor. DAY 4: WORK ON SNOW – 6hours: Advanced forms of skiing: - terrain swinging in narrow corridor. DAY 5: WORK ON SNOW – 6hours: variations of Alpine skiing – additional forms of skiing. DAY 6: WORK ON SNOW (revision, contents are set by candidates, assessed practical demonstration of leading a group – 6hours: Revision of all contents (faster procedures of learning skiing technique, organising lessons outside, working with and without requisites, setting polygones ,...). DAY 7: WORK ON SNOW (revision, basic elements of freestyle skiing) – 6hours:

PRACTICAL EXAMPLES OF TRAINING USING VIDEO-ANALYSIS (13 HOURS)

Description of the subject

- Alpine skiing technique– 6 hours, - The methodics of Alpine skiing learning– 2 hours, - Teaching preparation– 1 hour, -Practical examples of eliminating mistakes– 4 hours.

SEMINAR PAPER (4 HOURS)

Description of the subject

The seminar paper must include: - name and surname of the author, - title in exact accordance with the paper contents, - qualification level, - name and surname of the mentor, - place and date of seminar paper. Candidates write a seminar paper in agreement with his mentor (they agree on appropriate contents of the seminar paper). The themes of the seminar paper are: - Organising professional ski school; - From recreative skier to competitor; - Problems of selection in Alpine skiing; - The use of didactic accessories when teaching Alpine skiing.

THEORETICAL EXAM (3 HOURS)

Description of the subject

The theoretical part is normally written. The exam questions are chosen by assessor and sent to candidates prior to the exam. The assessor then chooses two questions from each set of theoretical contents, defined in the qualification programme. The exam sheets are assessed immediately after the written exam. In order to pass the exam, the candidate must achieve at least 50% in individual sets. The results of the theoretical part are sent to the organiser the same day. The results are available for inspection as agreed with the assessor. In case a candidate fails the exam, he can again enrol to the theoretical part but no more than twice.

PRACTICAL EXAM (5 HOURS)

Description of the subject

The date of practical exam must be determined in accordance with the course timetable. The head of the Board of Examiners (DIK) and examiners must set the date and place of practical exam in due course. The examiners must be present at the practical part of the exam. The dates are set by the head of DIK in cooperation with regional leaders. On the basis of applications in November, the dates of practical exams are set. The candidates can apply for exams at SITAS web site. Only licensed DIK members, set by the head of DIK, can assess practical work. The exams U1, U2 and U3 must take place separately by levels. The board of examiners is composed of the president, who is at the same time examiner and other members, namely: - U1, level I. and II. two examiners: president and examiner, - level III. at least three examiners: president and at least two examiners, - exam retakes - two examiners: president and one examiner. The president of the Board of examiners is set by the head of DIK. Individual boards can assess up to 12 candidates at practical part. In order to carry out practical work – skiing technique– suitable weather and snow conditions are necessary. Otherwise the exam commission has the right to postpone the assessment. The head of the course must submit regional leader with complete diary, list of successful candidates and documentation on successfully carried out practical part of the course. Prior to carrying out regional exam the leader of the region must show the head of the exam commission the list of candidates who have successfully passed both the practical and theoretical part of the exam. Prior to practical part of the exam the head of DIK must make sure all candidates are enlisted to official exam forms of SITAS. Prior to assessment of practical part the head of DIK greets the candidates, introduces members of commission and the programme. The candidates are then rank-ordered. Prior to the assessment the members of commission must be positioned on the ski

slope in such a way so that each is able to see the complete terrain/slope. Grades of individual candidates must be written regularly on official SITAS exam forms. Practical part of the exam consists of: - practical demonstration of leading a group, -GSL competition (only U3). Demonstration and GSL competition are independent parts of the practical exam. Assessment includes: - technical performance, - neatness. Positive grades are: 5 or higher (U1), 6 and higher (U2), 7 and higher (U3). Practical part is followed by coordination of grades. In the examiners' options differ the candidate's grade is determined by the president of the exam commission. In order to additionally test candidate's individual skill the president of the exam commission can demand a new demonstration of a certain element. The candidate successfully passes the practical part if the average grade is at least 5.0 (U1) – with one (1) element graded lower than 5.0, 6.0 (U2) – with two (2) elements graded lower than 6.0, or 7.0 (U3) – with three (3) elements graded lower than 7.0.

PEDAGOGICAL PRACTICE (25 HOURS)

Description of the subject

Candidates must carry out pedagogical practice under the supervision of a mentor. Pedagogical practice includes: - in-class observations; - teaching with the mentor; -The analysis of teaching preparations and hours carried out by a candidate; - Teaching basic contents; - organisation; - Ways of demonstrations etc.

ALPINE SKIING INSTRUCTOR 3 (U3) **(194 HOURS)**

Description and purpose

The terms teacher, instructor and other terms written in male gender are used as neutral and refer both to male and female gender.

The basic purpose of the programme is to qualify professionals in the field of Alpine skiing so that they can work independently and teach various groups of recreational skiers or so that they can work as assistants under the supervision of more experienced qualified instructors of higher levels when training various categories of competitors.

After they successfully complete the programme Alpine ski instructor 3 the candidates acquire basic skills in the field of Alpine skiing which are necessary in practice.

The implementing bodies of the programme are Faculty of Sports, Faculty for Pedagogics in Ljubljana, Faculty for Pedagogics in Maribor, Faculty for Pedagogics in Koper and Faculty for Mathematics, Natural Science and Information Technology of University of Primorska («applicative kinesiology» training programme). The programme Alpine skiing instructor 1 must be identical to the programme approved by Professional Sports Board of the Republic of Slovenia. Participants of the qualification programme can be exclusively students of the above mentioned university programmes.

Terms of enrolment

Only candidates who meet the following conditions may enrol into the programme Alpine skiing instructor 3:

- The candidates must be over 18 years of age,
- have finished 5-years of vocational college,
- have acquired Alpine skiing instructor 2 (U2),
- have acquired appropriate licence for teaching in that season.
- 4 years of competitive experience and / or 1 year of pedagogical experience in sport.

Former and current members of Slovenian teams (listed in SAS documentation) who meet the age condition are allowed to directly admit to the U3 course if they have achieved less than 16 FIS points in downhill, giant slalom, slalom or super combined. In case they don't pass the exam successfully, they don't acquire any professional title of lower rank.

Candidates who enrol to the course Alpine skiing instructor 3 under the above conditions must previously pass GENERAL PART of the exam (theoretical part - 30 hours). Passing the theoretical part of the exam is a condition to acquire the title Alpine skiing instructor 1.

Terms of advancement

The training programme allows advancement to higher levels. Candidates who acquire the title Alpine skiing instructor 3 and whose licence is validated for that season can enrol in the programme Trainer PRO of Alpine skiing.

Conditions of completing the programme

The conditions of completing the programme are as follows:

- passing the theoretical part (contents are determined in the curriculum),
- passing the practical part (contents are determined in the curriculum),
- practical demonstration of leading a group,
- successful pedagogical practice.
- seminar paper.

The candidates take the exam in front of the Board of examiners, determined by the implementing body on the basis of Rules on National Board of Examiners by SITAS.

At theoretical and practical parts of the exam candidates are evaluated by »passed« or »failed«. After the candidates successfully carry out practical work and fulfil all other obligations they acquire the title Alpine skiing instructor 3.

Notes and literature

- Božič B. and co (2012). PRIROČNIK ZA PREDAVATELJE TEORETIČNIH VSEBIN NA KADROVSKIH TEČAJIH ZUTS SLOVENIJE. Ljubljana: SZS-ZUTS Slovenije
- Lešnik B., Žvan, M. (2010). Naše smučine. Druga, dopolnjena izdaja. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Pišot, R., Videmšek, M. (2004). Smučanje je igra. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Lešnik B., Žvan, M. (2010). A turn to move on. Ljubljana: Fakulteta za šport
- Pišot, R., Supej, M. Kipp, R. (2010). Skiing is a game. Pedagogical and biomechanical foundations of learning to ski.
- Videmšek, D., Guček, A., Ažman, D., Giacomelli, O., Grabnar, P., Kordež, M. idr. (2002). Smučanje danes. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Marušič, T. (2007). Slovensko smučarsko pravo in varnost na smučiščih. Ljubljana: Uradni list Republike Slovenije.
- Kugovnik, O., Supej, M., Nemec, B. (2003). Biomehanika alpskega smučanja. Ljubljana: FŠ, Inštitut za šport.

Other sources available on [www](#).

Detailed way of carrying out courses to acquire professional titles (the implementing body of which is SITAS) is described and determined in:

- Rules on National Board of Examiners of SITAS;
- Rules on SITAS Demo Team Members;

The candidates can also acquire professional title Alpine skiing Trainer.

SUBJECTS OF THEORETICAL PART (32 HOURS)

BIOMECHANICS OF SKIING (2 HOURS)

Description of subject

- forces when skiing in various conditions (radius, deep snow, bump), - body centre in defined conditions, - the analysis of energetic aspects of skiing, - the analysis of optimal ski track, - the analysis of various ski turns, - the analysis of young competitors' technique.

INTERNATIONAL COOPERATION AND BASICS OF SKI TERMINOLOGY IN OTHER LANGUAGES (2 HOURS)

Description of subject

- Organisation of international associations under the patronage of INTERSKI organisation, - main tasks and composition of international associations ISIA, IVSI, IVSS, - authorities of professional staff in Slovenia and abroad according to their qualification level, - basic ski terminology in foreign languages (English, German, Italian), - the meaning of official ski licences ISIA, IVSI, ZUTS in Slovenia and abroad. – criteria and conditions of acquiring and validating ISIA, IVSI, ZUTS licences.

DANGERS OF SKIING IN THE MOUNTAINS (2 HOURS)

Description of subject

- dangers of off-piste skiing, - necessary ski equipment when skiing off-piste, - specification and special characteristics of weather conditions in the mountains, - the use of rescue equipment, - practical examples of changing of snow cover and prevention, - types of avalanches and mechanisms of their triggering, - prevention of accidents and proper movement in the mountains – Slovenian and foreign legislation, - practical examples of causes for accidents and injuries of off-piste skiing, - how to behave in case of snow avalanche.

THE BASES OF BEHAVING IN THE EVENT OF AN ACCIDENT AND FIRST AID (1 HOUR)

Description of the subject

- behaving in the event of an accident on ski slopes (checking-up the injured person no matter how serious his injury is), - consolidation of contents of the theoretical part of the U1 and U2 exam.

BASIC AND SPECIAL MOTORICS OF ALPINE SKIING (2 HOURS)

Description of the subject

- basic motoric skills, - specific motoric skills in Alpine skiing, - methods of development of basic and specific motoric skills, - understanding the process of human movement in specific development phase, - the meaning of characteristics of individuals' motoric learning of movement.

PEDAGOGICS OF SKI LEARNING (1 HOUR)

Description of the subject

- characteristics of education and its role in teaching skiing, - factors and aims of teaching-choosing appropriate teaching methods and setting realistic goals in pedagogical process, - acquiring educational values, - efficiency of pedagogical process from the aspect of discipline and organisation, - material-technical bases for ski learning, - teaching forms (frontal, group, individual), - contents – teaching preparation - teacher – assessing lessons, -comprehensive care for learners – advising and helping.

THE MEANING OF SKI SCHOOLS FOR WINTER TOURISM (2 HOURS)

Description of the subject

- Ski schools as important parts of winter tourist offer, - the meaning and organisation of Ski school Association, - organisational scheme of Ski School, - leadership and instructors, - equipment and nutrition, - accommodation and ski passes, - skischool office, - meeting point, - polygon and ski course for beginners, - snow kindergarten, - competition polygon- programmes and types of courses, - individual teaching, - weekly meetings, - seminar completion - the use of didactic accessories, - practical example of skischool organisation .

PSYCHOLOGY OF SKI LEARNING (regarding bases of ski learning and training) (2 HOURS)

Description of the subject

- laws of psychology and its role in ski teaching, - basic terms of (non)verbal communication, - the meaning of relationship instructor-learner-parents, - the efficiency of working with various categories of athletes in determined conditions of learning/training, - analysis of developmental characteristics of various age groups of competitors in Alpine skiing, - specific aspects of communication between trainer and competitors, - psychological factors in competitive sports, - analysis of specific psychological skills in sport, - conductivity of nervous system of athletes in connection with the speed of simple and complex movement - basic terms of motivation in competitive sport, - personal characteristics of competitors in Alpine skiing, - types of aggression in competitive skiing and finding balance between recreative and instrumental aggression. – relaxation techniques (the Jacobs method), - breathing techniques, - hypnosis, auto-hypnosis and post-hypnotic suggestions , - the method of biofeedback relaxation, - the technique of systematic desensitisation, - autogene training - meditation, - visualisation and sensorisation technique.

ORDER, SAFETY AND ETHICAL CODE OF BEHAVIOUR ON SKI SLOPES (1 HOUR)

Description of the subject

- events on ski slopes, - order and behaviour of skiers on ski slopes (10 FIS rules), - The code of ethics of Alpine skiing instructors and trainers of Slovenia, - tasks and responsibilities of professionals when instructing groups, - tasks and responsibilities head of ski course, - tasks, responsibilities and an authorities of ski slopes supervisor, - duties and rights of professionals to SITAS.
- practical examples of (not) following Ski Safety Law, - practical examples of the meaning of The code of ethics of Alpine skiing instructors and trainers of Slovenia, - types of responsibilities of professionals in the field of skiing, - the meaning of licensed professionals in practice, - valid norms of pedagogical praxis.

GROUP DYNAMICS AND SOCIAL RELATIONS IN GROUPS (2 HOURS)

Description of the subject

- characteristics and ways of managing groups, - the role of individuals in groups and the influence of groups on individuals, - sociometrics and determining key members of a group, - the influence of relations in a group on achieving goals.

SKIING EQUIPMENT AND PREPARATION OF SKIS FOR COMPETITORS (2 HOURS)

Description of the subject

- practical demonstration of preparation of skis (special procedures of preparation of skis for competitors), - understanding the consequences of (not)appropriate preparation of skis, - sharpening the gliding surface of ski edges, - treatment of gliding surface with fine grinding

paper, - grinding of ski edges (the angle depends on ski discipline, lower than or equal to 87 degrees) – repeating the procedure using a fine pile – reducing sharpness/ ski edges rubbing- (rubbing depends on competition discipline)- cleaning ski surface using a brush; cleaning skis surface using wax- waxing – cleaning wax using a brush – preparation of skis for competitions.

SPECIAL DIDACTICS (2 HOURS)

Description of the subject

- examples of efficient transformation process of motoric skills when learning how to ski, - advantages and disadvantages of group training according to skiers' knowledge, - modern didactic accessories in their efficient use, - revising instructions for learning preparation, - practical examples of using didactic principles when learning how to ski.

TECHNIQUE AND METODICS OF ALPINE SKIING (2 HOURS)

Description of the subject:

- current innovations in the field of Alpine skiing technique, - advantages and disadvantages of vertical movement, - unclashed position of skis depending on pressure in turns, - correct body position in various stages of a turn, - controlling carving speed, - same goal various ways: - various ways of learning, - special features in methodic approaches of various levels of skiers, - efficiency of appropriate correction exercises.

COMPETITION RULES FOR VARIOUS CATEGORIES OF SKIERS (2 HOURS)

Description of the subject

- limitations regarding ski equipment of competitors, - rules regarding setting courses, - limitations regarding homologation of courses, - conditions of competition organisation.

TRAINING TECHNIQUES OF COMPETITORS AGED 7 TO 10 (5 HOURS)

Description of the subject

- is training technique really the basis, - the role of ski instructors (Demo Team members) during training, - training skiing technique, - equipment and accessories, - training GSL in free skiing (aged 7 - 10), - training GSL in settings (aged 7 - 10), - examples of GSL polygons. Settings, - SL training in free skiing (aged 7 - 10), - SL training in settings (aged 7 - 10), - examples of SL polygons – specific ski elements of skiing in settings that require more attention, - balanced body position, - changing body centre and lateral movement, - accuracy and choosing skiing polygon, - correct pivoting of skis on ski edges in turn, - speed, - the model of warming-up and cooling down, - duration of training, - adjusting exercise according to the category of skiers - junior (aged 7 - 10).

THE HISTORY OF SKIING (2 HOURS)

Description of the subject

- development of competitive skiing in Slovenia and abroad, development of Alpine skiing and skiing techniques in Slovenia and abroad, development and various technologies of making skis

SUBJECTS OF PRACTICAL PART (118 HOURS)

TECHNIQUE AND METODICS OF ALPINE SKIING – practical (96 HOURS)

Description of the subject

Practical part of the U3 course lasts 15 days in two parts (8 and 7 days). The contents include more accurate revision of basic elements of ski school, methodics of learning and training younger categories of competitors. The aim of the practical part on snow is to acquire appropriate knowledge of methodics and techniques of elements of skiing that are important when working with various categories and levels of learners. The use of various didactic accessories is of great importance therefore they are a necessary part of practical work in U3 course. During the practical work the candidates get to know the bases of freestyle skiing or movements in snowparks and the bases of telemark skiing. The second part of the course is aimed at learning and revising the elements of ski school as well as to organisation and carrying out training on snow (settings of polygons, corridors and simple GSL settings). DAY 1 WORK ON SNOW - 6hours: - training GSL techniques (free skiing). DAY 2 WORK ON SNOW - 6hours: - training SL technique (free skiing). DAY 3 WORK ON SNOW – 6 hours: - training GSL technique (from free skiing to settings). DAY 4 WORK ON SNOW - 6hours: - training SL technique (from free skiing to settings). DAY 5 WORK ON SNOW (contents are set by the candidates) - 6hours: - training SL technique (from free skiing to settings), - training GSL technique (from free skiing to settings). DAY 6 WORK ON SNOW - 6hours: - Bases of freestyle skiing. DAY 7 WORK ON SNOW - 6hours: - Bases of Freestyle skiing. DAY 8 WORK ON SNOW - 6hours: Adapting to skis and bases form of gliding: - on spot exercises, - gliding forward, - simple changes of gliding directions. Beginner forms of skiing: - wedged turns, - stem turn. DAY 9 WORK ON SNOW - 6hours: Beginner forms of skiing: - stem turn /pole plant, - basic swinging. DAY 10 WORK ON SNOW - 6hours: Advanced forms of skiing: - terrain swinging in wide corridor. DAY 11 WORK ON SNOW - 6hours: Advanced forms of skiing: - terrain swinging in narrow corridor. DAY 12 WORK ON SNOW - 6hours: Variations of Alpine skiing: - additional forms of skiing. DAY 13 WORK ON SNOW - 6hours: Competitive forms of skiing: - turn with side unweighting. DAY 14 WORK ON SNOW (assessed demonstrations by the candidates) - 6hours: - Revision. DAY 15 WORK ON SNOW - 6hours: - Revision and elements of Freestyle skiing.

PRACTICAL EXAMPLES OF TRAINING WITH VIDEO-ANALYSIS (22 HOURS)

Description of the subject

- Alpine skiing technique– 6 hours, - Methodics of teaching Alpine skiing– 2 hours, - Teaching preparation– 1 hour, -Practical examples of eliminating mistakes– 5 hours.
Basic settings and organisation of GSL training of junior categories (aged 7 to 10) – 2. hours, - Training techniques of junior competitors– 2 hours, - The bases of freestyle skiing in snow park and the demonstration of the bases of telemark skiing - 3. hours- Practical demonstration of ski preparation (special procedures of ski preparation for competitors) – 1 hour.

THEORETICAL EXAM (3 HOURS)

Description of the subject

Theoretical part of the exam is normally in written form. The exam questions are chosen by the assessor and sent to candidates prior to the theoretical part of the exam. The assessor then chooses two questions from each set of theoretical contents, defined in the qualification programme. The exam sheets are assessed immediately after the written exam. In order to pass the exam, the candidate must achieve at least 50% in each set. The results of the theoretical

part are sent to the organiser the same day. The results are available for inspection as agreed with the assessor. In case a candidate, he can again enrol to the theoretical part but no more than twice.

PRACTICAL EXAM (7 HOURS)

Description of the subject

The date of practical exam must be determined in accordance with the course timetable. The head of the Board of Examiners (DIK) and examiners must set the date and place of practical exam in due course. The examiners must be present at the practical part of the exam. The dates are set by the head of DIK in cooperation with regional leaders. On the basis of applications in November, the dates of practical exams are set. The candidates can apply for exams at SITAS web site. Only licensed DIK members, set by the head of DIK, can assess practical work. The exams U1, U2 and U3 must take place separately by levels. The board of examiners is composed of the president, who is at the same time examiner and other members, namely: - U1, level I. and II. two examiners: president and examiner, - level III. at least three examiners: president and at least two examiners, - exam retakes - two examiners: president and one examiner. The president of the Board of examiners is set by the head of DIK. Individual boards can assess up to 12 candidates at practical part. In order to carry out practical work – skiing technique– suitable weather and snow conditions are necessary. Otherwise the exam commission has the right to postpone the assessment. The head of the course must submit regional leader with complete diary, list of successful candidates and documentation on successfully carried out practical part of the course. Prior to carrying out regional exam the leader of the region must show the head of the exam commission the list of candidates who have successfully passed both the practical and theoretical part of the exam. Prior to practical part of the exam the head of DIK must make sure all candidates are enlisted to official exam forms of SITAS. Prior to assessment of practical part the head of DIK greets the candidates, introduces members of commission and the programme. The candidates are then rank-ordered. Prior to the assessment the members of commission must be positioned on the ski slope in such a way so that each is able to see the complete terrain/slope. Grades of individual candidates must be written regularly on official SITAS exam forms. Practical part of the exam consists of: - practical demonstration of leading a group, -GSL competition (only U3). Demonstration and GSL competition are independent parts of the practical exam. Assessment includes: - technical performance, - neatness.

SEMINAR PAPER (4 HOURS)

Description of the subject:

Seminar paper must include: • name and surname of the author of the seminar paper, •
- title in exact accordance with the paper contents, - qualification level, - name and surname of mentor, - place and date of writing seminar paper. Candidates write a seminar paper in agreement with his mentor (they agree on appropriate contents of the seminar paper. Themes: The organisation of professional ski school; From recreative skiers to professionals; Problems of selection in Alpine skiing; The use of didactic accessories when teaching Alpine skiing.



PEDAGOGICAL PRACTICE (30 HOURS)

Description of the subject

Candidates must carry out pedagogical practice under the supervision of a mentor. Pedagogical practice includes: - in-class observations; - teaching with the mentor; -The analysis of teaching preparations and hours carried out by a candidate; - Teaching basic contents; - organisation; - Ways of demonstrations etc.

ALPINE SKIING TRAINER **(114 HOURS)**

Description and purpose

The terms teacher, instructor and other terms written in male gender are used as neutral and refer both to male and female gender.

The basic purpose of the programme is to qualify professionals in the field of Alpine skiing so that they can participate in teaching or training high-quality skiers or teams of all age groups

After completing the programme trainers can search for new talented skiers, he is responsible for teaching and training.

He can teach or train skiers of all age groups independently.

The implementing body of the programme is Faculty of Sports. The programme must be identical to the programme approved by Professional Sports Board of the Republic of Slovenia.

Participants of the qualification programme can be exclusively students of the above mentioned university programmes.

Terms of enrolment

The terms of enrolment are as follows:

- the candidates must be over 18 years of age,
- have finished educational level V,
- have acquired Alpine skiing instructor 2 (U2),
- have acquired appropriate licence for teaching in that season.
- have 4 years of experience and / or 1 year of pedagogical experience

Former and current members of Slovenian teams (listed in SAS documentations) who meet the age condition are allowed to directly admit to the Alpine skiing trainer course if they have achieved less than 16 FIS points in downhill, giant slalom, slalom or super combined. In case they don't pass the exam successfully, they don't acquire any professional title of lower rank.

Candidates who enrol to the course Alpine skiing trainer under the above conditions must previously pass GENERAL PART of the exam (theoretical part - 30 hours). Passing the theoretical part of the exam is a condition to acquire the title Alpine skiing instructor 1.

Terms of advancement

The qualification programme allows advancement to higher professional titles. Candidates who acquire the title Alpine skiing trainer and who have fulfilled their obligations (determined »Terms of completing the programme«) can enrol to the programme for acquiring the title Alpine skiing instructor 3 or Alpine skiing trainer.

Terms of completing the programme

The conditions for completing the qualification programme are as follows:

- passing the theoretical part (contents are determined in the curriculum),
- passing the practical part (contents are determined in the curriculum),
- pedagogical practice,
- seminar paper.

At theoretical and practical parts of the exam candidates are evaluated by »passed« or »failed«. After the candidates successfully complete practice and fulfil all other obligations they acquire the title Alpine skiing Trainer.

Candidates must complete their qualifications in three (3) years. They can take the exams three (3) times.

Notes and literature:

- Božič B. and co (2012). PRIROČNIK ZA PREDAVATELJE TEORETIČNIH VSEBIN NA KADROVSKIH TEČAJIH ZUTS SLOVENIJE. Ljubljana: SZS-ZUTS Slovenije
- Lešnik B., Žvan, M. (2010). Naše smučine. Druga, dopolnjena izdaja. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja.
- Pišot, R., Supej, M. Kipp, R. (2010). Skiing is a game. Pedagogical and biomechanical foundations of learning to ski.
- Marušič, T. (2007). Slovensko smučarsko pravo in varnost na smučiščih. Ljubljana: Uradni list Republike Slovenije.
- Kugovnik, O., Supej, M., Nemec, B. (2003). Biomehanika alpskega smučanja. Ljubljana: FŠ, Inštitut za šport.
- Internal SITAS study material: Training techniques and preparation of competitors for competitions (Trening tehnike in priprava tekmovalcev na tekmovanja).

Other sources available on world wide web.

Detailed way of carrying out courses to acquire professional titles (the implementing body of which is SITAS) is described and determined in:

- Rules on National Board of Examiners of SITAS;
- Rules on SITAS Demo Team Members;

SUBJECTS OF THEORETICAL PART (32 HOURS)

BIOMECHANICS OF SKIING (2 HOURS)

Description of subject

- forces when skiing in various conditions (radius, deep snow, bump), - body centre in defined conditions, - the analysis of energetic aspects of skiing, - the analysis of optimal ski track, - the analysis of various ski turns, - the analysis of young competitors' technique.

INTERNATIONAL COOPERATION AND BASICS OF SKI TERMINOLOGY IN OTHER LANGUAGES (2 HOURS)

Description of subject

- Organisation of international associations under the patronage of INTERSKI organisation, - main tasks and composition of international associations ISIA, IVSI, IVSS, - authorities of professional staff in Slovenia and abroad according to their qualification level, - basic ski terminology in foreign languages (English, German, Italian), - the meaning of official ski licences ISIA, IVSI, ZUTS in Slovenia and abroad. – criteria and conditions of acquiring and validating ISIA, IVSI, ZUTS licences.

DANGERS OF SKIING IN THE MOUNTAINS (2 HOURS)

Description of the subject

- dangers of off-piste skiing, - necessary ski equipment when skiing off-piste, - specification and special characteristics of weather conditions in the mountains, - the use of rescue equipment, - practical examples of changing of snow cover and prevention, - types of avalanches and mechanisms of their triggering, - prevention of accidents and proper movement in the mountains – Slovenian and foreign legislation, - practical examples of causes for accidents and injuries of off-piste skiing, - how to behave in case of snow avalanche.

THE BASES OF BEHAVING IN THE EVENT OF AN ACCIDENT AND FIRST AID (1 HOUR)

Description of the subject

Description of the subject

- behaving in the event of an accident on ski slopes (checking-up the injured person no matter how serious his injury is), - consolidation of contents of the theoretical part of the U1 exam.

BASIC AND SPECIAL MOTORICS OF ALPINE SKIING (2 HOURS)

Description of the subject

- basic motoric skills, - specific motoric skills in Alpine skiing, - methods of development of basic and specific motoric skills, - understanding the process of human movement in specific development phase, - the meaning of individual's characteristics in motoric learning.

PEDAGOGICS OF SKI LEARNING (1 HOUR)

Description of the subject

- characteristics of education and its role in teaching skiing, - factors and aims of teaching-choosing appropriate teaching methods and setting realistic goals in pedagogical process, - acquiring educational values, - efficiency of pedagogical process from the aspect of discipline and organisation, - material-technical bases for ski learning, - teaching forms (frontal, group, individual), - contents – teaching preparation - teacher – assessing lessons, -comprehensive care for learners – advising and helping.

TRAINING TECHNIQUE OF COMPETITORS AGED 7 TO 10 (5 HOURS)

Description of the subject

- is training technique really the basis, - the role of ski instructors (Demo Team members) during training, - training skiing technique, - equipment and accessories, - training GSL in free skiing (aged 7 - 10), - training GSL in settings (aged 7 - 10), - examples of GSL polygones. Settings, - SL training in free skiing (aged 7 - 10), - SL training in settings (aged 7 - 10), - examples of SL polygones – specific ski elements of skiing in settings that require more attention, - balanced body position, - changing body centre and lateral movement, - accuracy and choosing skiing polygon, - correct pivoting of skis on ski edges in turn, - speed, - the model of warming-up and cooling down, - duration of training, - adjusting exercise according to the category of skiers – competitors aged 7 to 10.

HISTORY OF SKIING (2 HOURS)

Description of the subject

- the development of competitive skiing in Slovenia and abroad, -the history of learning skiing techniques in Slovenia and abroad, - development and various technologies of ski making through history

THE MEANING OF SKI SCHOOLS FOR WINTER TOURISM (2 HOURS)

Description of the subject

- Ski schools as important parts of winter tourist offer, - organisational scheme of Ski School, - leadership and instructors, - equipment and nutrition, - accommodation and ski passes, - ski school office, - meeting point, - polygon and ski course for beginners, - snow kindergarten, - competition polygon- programmes and types of courses, - individual teaching, - weekly meetings, - course completion, - the use of didactic accessories, - practical examples of ski school organisation.

PSYCHOLOGY OF SKI LEARNING (regarding bases of ski learning and training) (2 HOURS)

Description of the subject

- laws of psychology and its role in ski teaching, - basic terms of (non)verbal communication, - the meaning of relationship instructor-learner-parents, - the efficiency of working with various categories of athletes in determined conditions of learning/training, - analysis of developmental characteristics of various age groups of competitors in Alpine skiing, - specific aspects of communication between trainer and competitors, - psychological factors in competitive sports, - analysis of specific psychological skills in sport, - conductivity of nervous system of athletes in connection with speed of simple and complex movement, - basic terms of motivation in competitive sport, - personal characteristics of competitors in Alpine skiing, - types of aggression in competitive skiing and finding balance between recreative and instrumental aggression. – relaxation techniques (the Jacobs method), - breathing techniques, - hypnosis, auto-hypnosis and post-hypnotic suggestions , - the method of biofeedback relaxation, - the technique of systematic desensitisation, - autogene training - meditation, - visualisation and sensorisation technique.

ORDER, SAFETY AND ETHICAL CODE OF BEHAVIOUR ON SKI SLOPES (1 HOUR)

Description of the subject

- practical examples of (not) following Ski Safety Law, - practical examples of the meaning of The code of ethics of Alpine skiing instructors and trainers of Slovenia, - types of responsibilities of professionals in the field of skiing, - the meaning of licensed professionals in praxis, - valid norms of pedagogical praxis.

GROUP DYNAMICS AND SOCIAL RELATIONS IN GROUPS (2 HOURS)

Description of the subject

- characteristics and ways of managing groups, - the role of individuals in groups and the influence of groups on individuals, - sociometrics and determining key members of a group, - the influence of relations in a group on achieving goals.

SKIING EQUIPMENT AND PREPARATION OF SKIS FOR COMPETITORS (2 HOURS)

Description of the subject

- - practical demonstration of preparation of skis (special procedures of preparation of skis for competitors), - understanding the consequences of (not)appropriate preparation of skis, - sharpening the gliding surface of ski edges, - treatment of gliding surface with fine grinding paper, - grinding of ski edges (the angle depends on ski discipline, lower than or equal to 87 degrees) – repeating the procedure using a fine pile – reducing sharpness/ ski edges rubbing- (rubbing depends on competition discipline)- cleaning ski surface using a brush; cleaning skis surface using wax- waxing – cleaning wax using a brush – preparation of skis for competitions.

SPECIAL DIDACTICS (2 HOURS)

Description of the subject

- examples of efficient transformation process of motoric skills when learning how to ski, - advantages and disadvantages of group training according to skiers' knowledge, - modern didactic accessories in their efficient use, - revising instructions for learning preparation, - practical examples of using didactic principles when learning how to ski.

TECHNIQUE AND METODICS OF ALPINE SKIING (2 HOURS)

Description of the subject:

- current innovations in the field of Alpine skiing technique, - advantages and disadvantages of vertical movement, - unclashed position of skis depending on weighting in turns, - correct body position in various stages of a turn, - controlling speed, - same goal various ways: - various ways of learning, - special features in metodic approaches of various levels of skiers, - efficiency of appropriate correction exercises.

COMPETITION RULES FOR VARIOUS CATEGORIES OF COMPETITORS (2 HOURS)

Description of the subject

- limitations regarding competitors' equipment, - rules regarding setting courses, - limitations regarding homologation of courses, - conditions of competition organisation.

SUBJECTS OF PRACTICAL PART (47 HOURS)

TECHNIQUES AND METHODICS OF ALPINE SKIING – in practice (36 HOURS)

Description of the subject

Due to easier organisation the practical part of the U2 course (6 days) is carried out in one part. The contents include more accurate revision of basic and advanced forms of skiing. The aim of the practical part on snow is to acquire the knowledge in methodics of learning and to furtherly develop the technique of Alpine skiing (basic elements which are important when working with various categories of non-beginner skiers. In order to achieve progress of those groups various didactic accessories must be used. Therefore these accessories are a necessary part of a practical part of the exam. Besides learning and revising elements of ski school the course contents also include organisation of training of young competitors (polygons, settings, simple giant slalom settings).

DAY 1: a) WORK ON SNOW (revision) – 6hours: training giant slalom techniques (free skiing), DAY 2: WORK ON SNOW– 6 hours: training giant slalom techniques (free skiing), DAY 3: a) WORK ON SNOW– 6hours: training giant slalom techniques (from free skiing to settings) DAY 4: WORK ON SNOW – 6hours: training slalom techniques (from free skiing to settings). DAY 5: WORK ON SNOW – 6hours: training slalom techniques (from free skiing to settings), training giant slalom techniques (from free skiing to settings), DAY 6: contents are set by candidates – 6hours: training giant slalom techniques (from free skiing to settings) training slalom techniques (from free skiing to settings).

PRACTICAL EXAMPLES OF TRAINING WITH VIDEO-ANALYSIS (11 HOURS)

Description of the subject

- Alpine skiing technique – 5 hours, - Teaching preparation – 1 hour, - Basic settings and organisation of giant slalom training of young categories (age 7 - 10) – 2 hours, - Training techniques for young competitors – 2 hours, - Practical demonstration of ski preparation (special procedures of ski preparation for competitors) – 1 hour.

THEORETICAL EXAM (3 HOURS)

Description of the subject

Theoretical part of the exam is normally in written form. The exam questions are chosen by the assessor and sent to candidates prior to the theoretical part of the exam. The assessor then chooses two questions from each set of theoretical contents, defined in these qualification programme. The exam sheets are assessed immediately after the written exam. In order to pass the exam, the candidate must achieve at least 50% in each set. The results of the theoretical part are sent to the organiser the same day. The results are available for inspection as agreed with the assessor. In case a candidate fails the exam, he can again enrol to the theoretical part but no more than twice.

PRACTICAL EXAM (3 HOURS)

Description of the subject

The date of practical exam must be determined in accordance with the course timetable. The head of the Board of Examiners (DIK) and examiners must set the date and place of practical exam in due course. The examiners must be present at the practical part of the exam. The dates are set by the head of DIK in cooperation with regional leaders. On the basis of applications in November, the dates of practical exams are set. The candidates can apply for exams at SITAS web site. Only licensed DIK members, set by the head of DIK, can assess practical work. The exams U1, U2 and U3 must take place separately by levels. The board of examiners is composed of the president, who is at the same time examiner and other members, namely: - U1, level I. and II. two examiners: president and examiner, - level III. at least three examiners: president and at least two examiners, - exam retakes - two examiners: president and one examiner. The president of the Board of examiners is set by the head of DIK. Individual boards can assess up to 12 candidates at practical part. In order to carry out practical work – skiing technique – proper weather and snow conditions are necessary. Otherwise the exam commission has the right to postpone the assessment. The head of the course must submit regional leader with complete diary, list of successful candidates and documentation on successfully carried out practical part of the course. Prior to carrying out regional exam the leader of the region must show the head of the exam commission the list of candidates who have successfully passed both the practical and theoretical part of the exam. Prior to practical part of the exam the head of DIK must make sure all candidates are enlisted to official exam forms of SITAS. Prior to assessment of practical part the head of DIK greets the candidates, introduces members of commission and the programme. The candidates are then rank-ordered. Prior to the assessment the members of commission must be positioned on the ski slope in such a way so that each is able to see the complete terrain/slope. Grades of individual candidates must be written regularly on official SITAS exam forms. Practical part of the exam consists of: - practical demonstrations of leading a group, -GSL competition (only U3). Demonstration and GSL competition are independent parts of the practical exam. Assessment includes: - technical performance, - neatness. Positive grades are: 5 or higher (U1), 6 and higher (U2), 7 and higher (U3). Practical part is followed by coordination of grades. In the examiners'

options differ the candidate's grade is determined by the president of the exam commission. In order to additionally test candidate's individual skill the president of the exam commission can demand a new demonstration of a certain element. The candidate successfully passes the practical part if the average grade is at least 5.0 (U1) – with one (1) element graded lower than 5.0, 6.0 (U2) – with two (2) elements graded lower than 6.0, or 7.0 (U3) – with three (3) elements graded lower than 7.0.

PEDAGOGICAL PRACTICE (25 HOURS)

Description of the subject

Candidates must carry out pedagogical practice under the supervision of a mentor. Pedagogical practice includes: - in-class observations; - teaching with the mentor; -The analysis of teaching preparations and hours carried out by a candidate; - Teaching basic contents; - organisation; - Ways of demonstrations etc.

SEMINAR PAPER (4 HOURS)

Description of the subject

- In-class observation with a mentor; - teaching with a mentor; - the analysis of teaching preparation; - teaching basic contents; - organisation; - ways of demonstrations. ... Based on the agreement with a mentor, a candidate writes a seminar paper. Themes of seminar paper are as follows: The meaning of fitness in achieving top results in Alpine skiing; The methodics of settings for various categories of competitors; Equipment as key factor in Alpine skiing; The meaning of tactics in Alpine skiing; Cyclisation of training in Alpine skiing.

TRAINER PRO OF ALPINE SKIING **(112 HOURS)**

Description of the subject

The terms teacher, instructor and other terms written in male gender are used as neutral and refer both to male and female gender.

The main purpose of the programme is to qualify professionals in the field of Alpine skiing so that they will be able to independently teach and guide various categories of competitors in Alpine skiing and/or train high-quality skiers of all ages. Thus they will be able to look for new talented competitors and will be responsible for teaching, training and guiding competitors at competitions. They will also be able to cooperate in training and teaching other professionals (U1 and U2 courses).

After they successfully complete the programme Alpine skiing Trainer PRO acquire proper skills in the field of Alpine skiing which are necessary in practice.

The implementing body of the programme is Faculty of Sports. The programme must be identical to the programme of the competent national sports association, previously approved by Professional Sports Board of the Republic of Slovenia. Participants of the qualification programme can be exclusively students of the above mentioned university programmes.

Terms of enrolment

The terms of enrolment are as follows:

- the candidates must be over 18 years of age,
- have finished educational level V,
- have acquired Alpine skiing instructor 3 (U3),
- two years of pedagogical experience
- have acquired appropriate licence for teaching in that season.

Terms of advancement

The title Alpine Skiing Trainer PRO is the highest level in this sports discipline.

Terms of completing the programme

The conditions for completing the qualification programme are as follows:

- passing the theoretical part (contents are determined in the curriculum),
- pedagogical practice,
- seminar paper.

At theoretical and practical parts of the exam candidates are evaluated by »passed« or »failed«. After the candidates successfully completed practice and fulfil all other obligations they acquire the title Alpine skiing trainer PRO.

Candidates must complete their qualifications in three (3) years. They can take the exams three (3) times.

Notes and literature

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Detailed way of carrying out courses to acquire professional titles (the implementing body of which is SITAS) is described and determined in:

- rules on National Board of Examiners of SITAS;
- rules on SITAS Demo Team Members;

SUBJECTS OF THEORETICAL PART (49 HOURS)

BIOMECHANICS OF COMPETITIVE ALPINE SKIING (2 HOURS)

Description of subject

- the analysis of competitive ski turns, - the analysis of competitive ski techniques in various conditions – the analysis of movement technique in various ski disciplines, - most modern methods of measurements in Alpine skiing and applying in practice.

ETHICS AND TRAINER CODE (1 HOUR)

Description of the subject

- safety and order on ski slopes especially regarding organisation of training, - legal aspects of training on ski slopes, - The Code of Ethics of ski trainers and instructors in Slovenia, - tasks and responsibilities.

PHYSIOLOGY OF SPORTS (2 HOURS)

Description of the subject

- histology of muscles, - how muscles operate, - muscle tension and their activity, - central nervous system (motoric unit), - miotic reflex and tendon reflex, - changes of functional ability during training.

FUNCTIONAL ANATOMY (2 HOURS)

Description of the subject

- human skeletal system, - human muscular system, - human ligaments, - human cardiovascular, - human nervous system.

MANAGEMENT IN SPORTS WITH THE BASES OF INFORMATICS (2 HOURS)

Description of the subject

- managing systems in sports, -organisation and operation of sports associations, - marketing in sports, -financing in sports, - informatics in sports.

BASIC AND SPECIAL MOTORICS OF COMPETITIVE ALPINE SKIING (2 HOURS)

Description of the subject

- special training in Alpine skiing, - the importance of knowing individual's characteristics in movement, - the meaning of various types of exercise and motoric transfer in new types of movement, - the model of success in Alpine skiing, - motoric abilities as the most important part of success in sports, - scientific findings regarding motoric abilities and success.

PEDAGOGICS OF SKI LEARNING (1 HOUR)

Description of the subject

- choosing appropriate teaching methods and setting realistic goals in pedagogical process, - efficiency of pedagogical process from the aspect of discipline and organisation, -preparation for training –trainer's log, - comprehensive care for learners – advising and helping.

LECTURING WITH VIDEO-ANALYSIS: ORGANISATION OF SPEED DISCIPLIN (1 HOUR)

Description of the subject

- needs and possibilities of organising training of speed disciplines, - booking and preparation of the terrain, -safety regulations.

LECTURING WITH VIDEO-ANALYSIS: ORGANISATION OF SLALOM AND GIANT SLALOM (1 HOUR)

LECTURING WITH VIDEO-ANALYSIS: ORGANISATION OF SPEED DISCIPLIN

- needs and possibilities of organising training of slalom and giant slalom, - booking and preparation of the terrain, -safety regulations.

LECTURING WITH VIDEO-ANALYSIS: PREPARATION OF SKIS FOR TRAININGS AND COMPETITIONS (1 HOUR)

- practical demonstration of ski preparation for trainings and competitions, - fine adjustments and the meaning of individual competitor's needs, - equipment and accessories for ski preparation.

LECTURING WITH VIDEO-ANALYSIS: COMPETION RULES AND ORGANISATION OF COMPETITIONS IN SPEED DISCIPLINES (2 HOURS)

Description of the subject

- difference in altitude, - distance between gates, - various possibilities of settings, - start, - going through the finish line, -necessary equipment.

LECTURING WITH VIDEO-ANALYSIS: COMPETITION RULES AND AND ORGANISATION OF COMPETITIONS IN TECHNICAL DISCIPLINES (2 HOURS)

Description of the subject

- difference in altitude, - distance between gates, - various possibilities of settings, - start, - going through the finish line, -necessary equipment

LECTURING WITH VIDEO-ANALYSIS: TRAINING TECHNIQUE AS BASIC PREPARATION OF EACH COMPETITOR (2 HOURS)

Description of the subject

- competitive technique of skiing, - methodics of teaching training technique, - detecting imperfections in skiing technique, - methods and correction exercises for eliminating imperfections, - video analysis.

LECTURING WITH VIDEO-ANALYSIS: CONTENTS OF TRAINING SPEED DISCIPLINES (1 HOUR)

Description of the subject

- methodics of training downhill and super giant slalom), - special features of training.

LECTURING WITH VIDEO-ANALYSIS: CONTENTS OF TRAINING TECHNICAL DISCIPLINES (1 HOUR)

Description of the subject

- methodics of training slalom and giant slalom, - special features of training.

PSYCHOLOGY IN SPORTS: PSYCHOLOGICAL BASES OF COMPETITIVE ALPINE SKIING (4 HOURS)

Description of the subject

-psychology in training process, - analysis of specific developmental stages of competitors in Alpine skiing, - specific aspects of communication (trainer-competitor), - analysis of specific abilities in sports, - motivation, - personal characteristics of competitors in Alpine skiing, - aggression in top sports, - anxiety in sports, - relaxation techniques- hypnosis, auto-hypnosis and post-hypnotic suggestions, - systematic desensitisation, - meditation, - visualisation and sensorisation, - concentration.

GROUP DYNAMICS AND SOCIAL RELATIONS IN GROUPS (1 HOUR)

Description of the subject

- the meaning of relations in groups, - the roles of individuals and trainer, - the relation between the trainer and group »leaders«, - relation trainer-competitor-parents, - the role of a trainer.

SPECIAL DIDACTICS (METHODICS OF SETTING) (2 HOURS)

Description of the subject

- examples of settings, - the use of methodical tasks in various settings, - didactic accessories used to improve imperfections in competitive technique, - organisation of training using various accessories

MONITORING VARIOUS CATEGORIES OF COMPETITORS IN ALPINE SKIING (1 HOUR)

Description of the subject

- types of measurements, - measuring motoric skills, - measuring body characteristics, - measuring psychological state, - other measurements in Alpine skiing.

SPORTS MEDICINE AND FIRST AID (1 HOUR)

Description of the subject

- the importance of regular body checking, - medicine of sports, - preventing injuries, - healing, - rehabilitation.

SPORTS NUTRITION (1 HOUR)

Description of the subject

- the meaning of nutrition during training, - supplements in nutrition, - planning nutrition, - how nutrition affects the body.

SPORTS TRAINING (FITNESS) (2 HOURS)

Description of the subject

- human body during strenuous exercise, - psychosomatic state – motoric abilities, - means and methods of improving motoric abilities, - defining physical state of competitors, - periodisation of training in Alpine skiing (annual programme), -planning, - specific features of training according to age groups and gender.

TECHNIQUE, METHODICS AND TACTICS OF COMPETITIVE ALPINE SKIING (4 HOURS)

Description of the subject

Modernisation in the field of competitive skiing technique, - specific features in methodical procedures of teaching, - giant slalom as basic discipline of competitive Alpine skiing, - specific features of competitors and training, the meaning of competitions in super combined – combinations of settings, - tactics, - tactics in Alpine skiing, - tactics in various disciplines, - tactics in settings.

COMPETITION RULES AND ORGANISATION OF COMPETITIONS (2 HOURS)

Description of the subject

- limitations regarding competitors' equipment, - rules regarding settings, - limitation regarding course homologation, - competition terms.

COMPETITIVE SKI EQUIPMENT AND PREPARATION OF SKIS FOR COMPETITORS (2 HOURS)

Description of the subject

- trends in preparation of skis (specific procedures), - preparation of skis for trainings and competitions, - necessary equipment, - development of ski equipment for competitors according to ski discipline.

TRAINING TECHNIQUES OF COMPETITORS IN ALPINE SKIING (4 HOURS)

Description of the subject

- the meaning of training techniques for various categories, - adjustments according to the category. – equipment and accessories, - reducing imperfections, - training giant slalom in free skiing, - training giant slalom in settings, - polygons for giant slalom, - training slalom in free skiing, - training slalom in settings, - polygons for slalom and specific features of training slalom technique, - speed barrier, - warming-up and cooling down, -the duration of training slalom technique.

THE HISTORY OF COMPETITIVE ALPINE SKIING (2 HOURS)

Description of the subject

- development and various technologies of ski production, - the role of various ski producers in competitive Alpine skiing through time, - most successful countries at ski competitions of higher rank, - FIS role through history.

SUBJECTS OF PRACTICAL PART (25 HOURS)

WORK ON SNOW: training techniques of slalom, giant slalom and downhill – in practice (25 HOURS)

Description of the subject

- methodics of giant slalom technique, - methodics of slalom technique, - methodics of downhill.

THEORETICAL EXAM (4 HOURS)

Description of the subject

Theoretical part of the exam is normally in written form. The exam questions are chosen by the assessor and sent to candidates prior to the theoretical part of the exam. The assessor then chooses two questions from each set of theoretical contents, defined in these qualification programme. The exam sheets are assessed immediately after the written exam. In order to pass the exam, the candidate must achieve at least 50% in each set. The results of the theoretical part are sent to the organiser the same day. The results are available for inspection as agreed with the assessor. In case a candidate fails the exam, he can again enrol to the theoretical part but no more than twice.

SEMINAR PAPER (4 HOURS)

Description of the subject

The seminar paper must include: - name and surname of the author, - title in exact accordance with the paper contents, - qualification level, - name and surname of the mentor, - place and date of seminar paper. Candidates write a seminar paper in agreement with his mentor (they agree on appropriate contents of the seminar paper). The themes of the seminar paper are: Fitness in relation to achieving top results in Alpine skiing, Methodics of settings for various categories of competitors, Equipment as the most important factor in Alpine skiing, The meaning of tactics in Alpine skiing, Training cyclisation



PEDAGOGICAL PRACTICE (30 HOURS)

Description of the subject

- teaching with the mentor; - the analysis of teaching preparation; - Teaching basic contents; - organisation; - ways of demonstrations. ... Candidates must successfully pass pedagogical practice under the supervision of a mentor.

ALPINE SKI INSTRUCTOR OF YOUNGER CHILDREN (78 HOURS)

Description of the subject

The terms teacher, instructor and other terms written in male gender are used as neutral and refer both to male and female gender.

The basic purpose of the programme is to qualify professionals in the field of Alpine skiing so that they can work as assistants or under the supervision of more experienced qualified instructors of higher levels and will be responsible for training– teaching groups of beginner levels (to the age of 8)

After they successfully complete the programme Alpine ski instructor of younger children the candidates acquire basic skills in the field of Alpine skiing which are necessary in practice.

The implementing bodies of the programme are Faculty of Sports, Faculty for Pedagogics in Ljubljana, Faculty for Pedagogics in Maribor, Faculty for Pedagogics in Koper and Faculty for Mathematics, Natural Science and Information Technology of University of Primorska («applicative kinesiology» training programme). The programme Alpine skiing instructor 1 must be identical to the programme of the competent national Sport Associations, previously approved by Professional Sports Board of the Republic of Slovenia. Participants of the qualification programme can be exclusively students of the above mentioned university programmes.

Terms of enrolment

Only candidates who meet the following conditions may enrol into the programme Alpine skiing instructor 1:

- have finished vocational school for pedagogics,
- have finished Faculty for pedagogics,
- status of a student of pedagogics (faculties in Ljubljana, Maribor or Koper),
- status of a student of sports (Faculty of Sports),
- status of a student of applicative kinesiology.

Advancement conditions

The training programme allows advancement to higher levels. Candidates who acquire the title Alpine ski instructor of younger children and who completed practice can enrol in the programme Alpine skiing instructor 1.

In case the candidate enrolls to the programme Alpine skiing instructor I in two years of completing the programme Alpine skiing instructor of younger children the following is acknowledged:

- Law on Safety on Ski Slopes;
- ways of behaviour in case of accidents and first aid.

Terms of completing the programme

The terms of completing the programme are as follows:

- passing the theoretical part (contents are determined in the curriculum),
- passing the practical part (contents are determined in the curriculum),
- practical demonstration of leading a group,
- pedagogical practice.

The candidates take the exam in front of the Board of examiners, determined by the implementing body on the basis of Rules on National Board of Examiners by SITAS.

At theoretical and practical parts of the exam the candidates are evaluated by »passed« or »failed«. After the candidates successfully complete practical work and fulfil all other obligations they acquire the title Alpine skiing instructor of younger children.

The candidates must complete the programme in two years, they can take the exam no more than three (3) times.

Notes and literature

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- Pišot, R., M. Supej, R. Kipp (2011). Skiing is a game: Pedagogical and biomechanical foundations of learning to ski
- Zakon o varnosti na smučiščih. Uradni list RS, št. 110/2002.
- Tomažič R., Hudarín T. (2007), Smučarska abeceda.

The list of all licensed lecturers of theoretical and practical contents can be found at:<http://www.sloski.si/zuts/licenciranje/nosilci-licenc>

The programme has been formed by SITAS and Alpine Skiing Commission. It is carried out by licensed instructors and other professionals. The conditions for instructors:

Minimum pedagogical-andragogical training (level 7), professional qualification Alpine ski instructor U3 and validated licence for current season.

Detailed way of carrying out courses to acquire professional titles (the implementing body of which is SITAS) is described and determined in:

- rules on National Board of Examiners of SITAS;
- rules on SITAS Demo Team Members;
- rules on organisation of programmes
- internal documentation: Vsebina in potek usposabljanj strokovnih smučarskih kadrov ZUTS Slovenije (M. Verdnik in B. Božič s sodelavci, 2012).

SUBJECTS OF THEORETICAL PART (12 HOURS)

CHOOSING AND ORGANISATION OF GAMES ON SNOW FOR THE YOUNGEST (1 HOUR)

Description of the subject

- didactic games as a means of ski teaching, - the purpose of didactic games, - suitable accessories, - ways of organisation.

CHOOSING SKI EQUIPMENT FOR CHILDREN (1 HOUR)

Description of the subject

- the advantages of proper ski equipment, - criteria for choosing ski equipment, - basic composition of skis, - gliding characteristics of skis, - ski boot functions, - choosing ski helmet, - protection from weather conditions, - choosing ski equipment for children.

CREATIVE METHODS (1 HOUR)

Description of the subject

- choosing the most appropriate methodical approaches, - ways and possibilities of diversifying teaching process.

ORGANISATIONAL PREPARATION FOR WORK ON SNOW (1 HOUR)

Description of the subject

- teaching preparation, - training norms and standards, - efficient planning and using accessories.

BASES OF MOTORIC DEVELOPMENT OF YOUNGER CHILDREN (1 HOUR)

Description of the subject

- bases of Slovenian ski terminology), - basic terms – definition of a turn, - fall line (definition), - long, short turn, - open and close turn, - uphill and downhill turn, - fan, - analysis of a ski turn), - timing, - circular movement, - pole plant, - pre-rotation, - ski edging, - corridors, - basic characteristics of modern ski techniques – methodical revision of individual elements.

BASES OF MOVEMENT – FIRST STEPS (1 HOUR)

Description of the subject

- activities on snow, - motoric activities in early childhood.

BASES OF ALPINE SKIING TECHNIQUE (2 HOURS)

Description of the subject

- bases of Slovenian ski terminology), - basic terms – definition of a turn, - fall line (definition), - long, short turn, - open and close turn, - uphill and downhill turn, - fan, - analysis of a ski turn), - timing, - circular movement, - pole plant, - pre-rotation, - ski edging, - corridors, - basic characteristics of modern ski techniques – methodical revision of individual elements.

DEVELOPMENT PSYCHOLOGY AND MOTIVATING CHILDREN (1 HOUR)

Description of the subject

- human body characteristics, - motor development of children, - motor skills, - natural forms of movement, - the use of natural forms of movement, - the meaning of natural forms of movement, - stages of motor learning, - motoric transfer, - individual treatment, - first steps on snow, - didactic motoric games, - teaching accessories, - choosing teaching accessories, - key stages of learning how to ski, - work on snow, - organising courses or teaching in nature for children.

FIRST AID AND PROCEDURES IN CASE OF ACCIDENTS ON SKI SLOPES (1 HOUR)

Description of the subject

- assessing physical and psychological condition of the injured- communication with the injured according to their state – ways of treatment – minor injuries, - internal injuries – allergic reactions – nerve damages – digestive problems - burns- hypothermia- frostbite- lightning strike accidents - airsickness – sprains/fractures – open fractures - dislocations – head injuries - infections- first aid kit and its use – accident documentation.

THE USE OF DIDACTIC ACCESSORIES (1 HOUR)

Description of the subject

- use of appropriate accessories, - aim of accessories, - types of accessories, - various polygons.

RULES ON SKI SLOPE SAFETY (1 HOUR)

Description of the subject

- basic behaviour rules for skiers, - Law on safety and order on ski slopes, - activities on ski slopes, - organised teaching, - order and behaviour of all skiers on ski slopes (10 FIS rules), - signs on ski slopes, - The Code of Ethics of ski instructors and trainers, - tasks and responsibilities of professionals when leading a group, - behaviour of ski instructors, - liabilities and rights of professionals to SITAS.

SUBJECTS OF THEORETICAL PART (48 HOURS)

TECHNIQUE AND METHODICS OF ALPINE SKIING – in practice (36 HOURS)

Description of the subject

Practical part of the U1 course lasts 6 days in one or more parts due to easier organisation. The aim of the practical part is mainly: - checking equipment, - giving basic instructions and adapting to the equipment, - learning basic forms of gliding on snow, - getting to know basic elements, - methodics of teaching skiing and eliminating imperfections, - using accessories – setting polygons- first aid, - information on specific features of ski equipment for children, - demonstrations ...

PRACTICAL EXAMPLES OF TRAINING WITH VIDEO ANALYSIS (12 HOURS)

Description of the subject

- Alpine skiing technique, - Methodics of teaching Alpine skiing, - Teaching preparation, - Practical examples of eliminating imperfections.

THEORETICAL EXAM (3 HOURS)

Description of the subject

The candidates take the exam in front of the Board of examiners, determined by the implementing body on the basis of Rules on National Board of Examiners by SITAS.

PRACTICAL EXAM (5 HOURS)

Description of the subject

The candidates take the exam in front of the Board of examiners, determined by the implementing body on the basis of Rules on National Board of Examiners by SITAS.

PEDAGOGICAL PRACTICE (10 HOURS)

Description of the subject

Candidates must carry out pedagogical practice under the supervision of a mentor. Pedagogical practice includes: - in-class observations; - teaching with the mentor; -The analysis of teaching preparations and hours carried out by a candidate; - Teaching basic contents; - organisation; - Ways of demonstrations etc.