



**NORTHERN ROCKY
MOUNTAIN DIVISION**

Senior Specialist 1 Workbook



Name/Date: _____

Name: _____ Date: _____

Workbook for Senior Specialist 1

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

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

- A) Being very goal oriented
- B) Having many years of life experiences to draw from
- C) Knowing that strenuous exercise is harmful for people over the age of 70
- D) Are experts at something which will influence how they learn
- E) Are attracted to skiing for the social experiences
- F) Knowing they are too old to ski after the age of 55, the sport is too unsafe

3. Discuss how four of the above characteristic influences instruction of the senior client.

4. Briefly explain a few of the elements of the senior CAP model you find relevant as it relates to how you would use your knowledge in teaching a senior client:

Cognitive:

Affective:

Physical:

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

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

V:

A:

K:

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

1.

2.

3.

4.

5.

8. Choose three basic physical conditions to be aware of when preparing to teach the senior skier. Discuss and explain what each means to you in terms of how your teaching cycle may be altered or adapted.

9. Using BERP, list a few components of the senior specific movement patterns:

Balance:

Edging:

Rotary:

Pressure:

Lesson Planning Scenarios

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

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

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

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

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

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

Guest Description

Description of Guest Needs

Use of Mountain Playground

The Wrap-Up

