



Senior Specialist 2 Workbook



Name/Date: _____

Workbook for Senior Specialist 2

Below are five scenarios of possible senior skier groups or encounters. Create a written response for four of these scenarios not to exceed one page in length using the teaching cycle template for each (you may need to adapt the template for length/proportion depending on how you choose to focus your answers). Utilize information gleaned from the Senior Specialist manual. Read the scenarios carefully, be sure to document the primary consideration you will be addressing during the lesson you develop and how this will be incorporated into your teaching cycle lesson plans.

Scenario 1. You have a class of 6 adults that range in age from 48 to 65. They have no particular preferences for skiing goals, seem to be very compatible and really enjoy skiing and socializing with each other. Although most have them have been skiing for over 10 years, they still make skidded medium radius turns on intermediate terrain. Their equipment varies from being at least ten years old to some on newer quite good skis and boots. Address equipment needs, terrain options and the skier's physical considerations in developing a lesson plan that identifies a goal of skiing more advanced terrain.

Scenario 2. You have a class of 3 adults that range in age from 55 to 75 who have come to you for a one day lesson to learn how to ski bumps. The class is a mix of men and women all who have been skiing for years but they do not know each other. Their equipment is reasonably up to date. Your observation of their skills on groomed intermediate terrain is that all are capable of making linked skidded medium radius turns. Make up a brief story (history) for each person incorporating a component from each of the CAP domains for each of them and then create a lesson plan that addresses the needs for the group.

Scenario 3. You have a private lesson with a married couple, both 68 years old. They have been skiing together for over forty years. The wife is very hard of hearing and is afraid she will be hit from behind as she cannot hear approaching skiers. The husband wears glasses but is not wearing them as they do not fit under his goggles well. Develop a lesson plan including how your knowledge of VAK, safety, fear and motivations will impact your teaching cycle.

Scenario 4. You have a group of five skiers who have been skiing together for years. They are all over the age of 60. They know each other well and their goals are always to ski as much of the mountain as possible. Discuss how you would assess and incorporate your understanding of Maslow's Hierarchy of Needs for this group and how this may change from your first experience with the skiers to having a history of repeat business with the group.

Scenario 5. You have a one day walk –in adult group lesson. The participants are all middle aged with one exception, a 72 year old male named Fred. Upon sign up, the participants all identified themselves as all mountain skiers wanting a ski improvement lesson. Your first run shows that Fred is slower than the rest of the group, more timid with terrain and is using a stem entry for turns on steeper portions of the run. The group seems to have bonded quickly and very well and Fred turns out to be quite gregarious with everyone appearing to enjoy each other's company. How will you manage your day meeting the needs of Fred as well as the rest of the group and how will this impact your planned teaching cycle?

Guest Description

Description of Guest Needs

Use of the Mountain Playground

The Wrap-Up

