

## Australian Professional Snowsport Instructors

### Developing versatile instructors by bridging techniques between mainstream and adaptive lessons

#### Adaptive Indoor Lecture

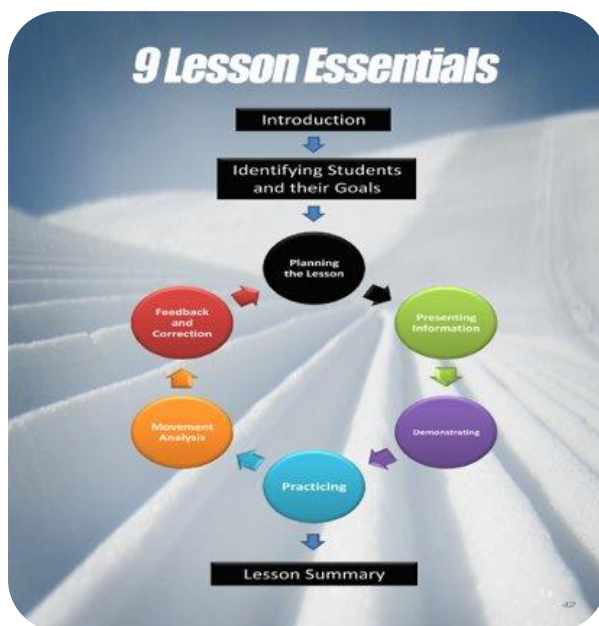
An overview of APSI Adaptive and a deeper look at our two key tools

#### APSI Adaptive Philosophy

Snow sports are for everybody (regardless of physical or cognitive challenges)  
Focus on a person's ability and their goals.  
Always promote independence

#### Who are our Adaptive Students in Australia

Cognitively and Intellectually challenged  
Visual impairments  
Equipment assisted standing students  
Independent seated skiing  
Assisted seated skiing



#### A deeper look at our two key tools

The APSI 9 Lesson Essential  
Student identification system

Understanding a student's goals

**Question Watch Check system**

How we plan our lessons - P E E L  
**Progression, Environment, Equipment,  
Learning style**

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#### Adaptive On-Snow Workshop

Presented from a sit ski

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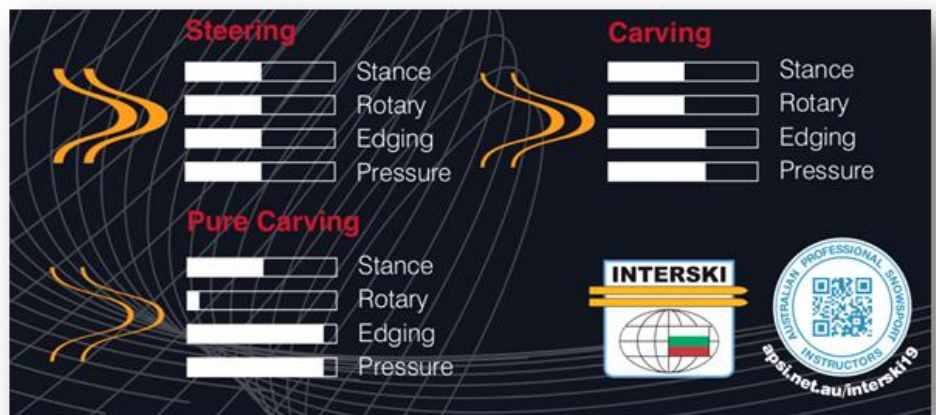
#### What mainstream lessons can teach us about Adaptive snowsports

The 4 APSI skills

**Stance, Rotary, Edging, Pressure control**

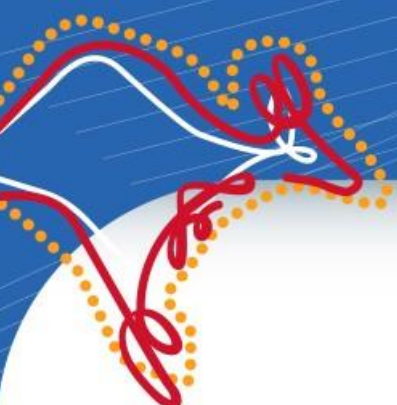
The APSI performance model

**Steer - Carve - Pure Carve**



How the APSI Hard Skills are applied to seated lessons  
Progressions from mainstream lessons  
Teaches, drills and exercises adapted from ski and snowboard disciplines





### What Adaptive lessons can teach us about mainstream snowsports

Concept of 'Flow' within the any session. Tips and tricks to allow and maintain 'Flow'  
Discussion of Soft-focus elements in every lesson.  
Understanding a student's goals

### Question Watch Check system

How we plan our lessons - P E E L

### Progression, Environment, Equipment, Learning style

Progressions - similarities and differences between adaptive and mainstream lessons.

### Intermediate to advanced sit ski progressions

The importance of mileage, guided discovery and creative adaptations.

