



MONTENEGROINTERSKI

Montenegrin Association of Snowsport Instructors

Interski Member (IVSS member, ISIA member, IVSI member)

Address: Montenegro Interski (M.A.S.I.) 19. Decembar 21, 81 000 Podgorica, Crna Gora (Montenegro)

tel: +382 69 0123 18, E-mail: skimasi@t-com.me Ž.R. 550 – 12974 – 58 (PIB 02212285)

www.montenegrointerski.me



EDUCATIONAL PROGRAM

(for snowsport instructors: alpine, snowboard, cross county, telemark)

LEVEL 1 (7 days)

Theoretical part 12 hours

1. Basics of snowsports (ski+snowboard) (1 hour)
2. Snowsports equipment (1 hour)
3. Technique and methodology of snowsports (7 hours)
4. Security, code of ethics and rules on the slopes (1 hour)
5. First aid (2 hours)

Practical part (learning by doing) 38 hours

1. Basic notes and adjustment of/for the equipment
2. Practical introduction of the technique and elements of the national ski school
3. Methodology of teaching snowsports
4. First aid and rescue of injured skiers)
5. Information on the news and directions of the development of snowsports
6. Preparation and maintenance of snowsport equipment
7. Performance in front of a group

LEVEL 2 (additional 10 days)

Theoretical part 28 hours

1. Basics of snowsports (2 hours)
2. Snowsports equipment (2 hours)
3. Special didactics (3 hours)
4. Technique and methodology of snowsports (7 hours)
5. Responsibility of the ski instructor (1 hour)
6. Mountains- safety/dangers (1 hour)
7. New trends in skiing (2 hours)

Practical part (learning by doing) 52 hours

1. Basic notes and adjustment of/for the equipment
2. Practical introduction of the technique and elements of the national ski school
3. Methodology of teaching snowsports
4. Performance in front of a group
5. Preparation and maintenance of snowsport equipment
6. Carving technique

LEVEL 3 (additional 20 days)

The program covers a total of 190 hours (80 theoretical + 110 practical fieldwork)

Theoretical part 80 hours

1. Basics of snowsports (3 hours)
2. Technique and methodology of snowsports (15 hours)
3. Special didactics (13 hours)
4. Mountains- safety/dangers (6 hrs)
5. Biomechanics of snowsports (5 hours)
6. Snowsport equipment (2 hours)
7. Basic and special motor skills in snowsports (7 hours)
8. Security, code of ethics and rules on the slopes (3 hours)
9. Snowsports and winter tourism (3 hours)
10. Competition rules and organization of competitions (5 hours)
11. Theoretical basics of training (6 hours)
12. Psychological grounds for alpine skiing (3 hours)
13. Pedagogy (2 hours)





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Practical part (learning by doing) 110 hours

1. Elementary technique of the Macedonian School of snowsports
2. Selection of optimal methodological procedures in the process of training snowsports.
3. Carving technique
4. New trends (short skis, free rides, cross, snow park ...)
5. Setting up of competitions for young competitors
6. Organization of competitions
7. Preparation and maintenance of snowsport equipment
8. Pedagogical and methodological practice

Note: It is compulsory to know the basics of the English language

LEVEL 4 (additional 12 days): ISIA 'Card-Level' Advanced Avalanche and Mountain Safety Course

Learning Programme (theoretical and practical) 140 hours:

1. Mountain risks and concerns:

- terrain (gradient, features and surface conditions and relate to the forecasted avalanche danger)
- weather (recent history, present and forecast)
- avalanche (snowpack and avalanche history, present danger and forecasted danger)
- group (medical history, fitness, backcountry experience, risk acceptance level, goals, etc.)

2. Minimize risk:

- monitoring weather, snowpack and avalanche conditions and considering group dynamics that may be affecting decision making,
- use of touring and safety equipment, maps and orienteering tools, identify avalanche terrain and move group to minimize risk of avalanches and other mountain hazards,

3. Management with accident and emergency

- management of self,
- organise rescue team

4. Assessment of:

- Searching for 2 transceivers
- Trip planning considerations
- Identifying avalanche terrain, applying danger rating and managing group through terrain to minimize avalanche risk.
- Demonstrating both Personal Skiing/Riding Performance Off-Piste and Personal Fitness.

5. Avalanche Awareness:

- Identify factors which affect avalanche occurrence and sources of further information.
- Basic knowledge of snowpack structure.
- Demonstrating avalanche transceiver proficiency
- Demonstrating self party rescue
- Demonstrating emergency snow shelter construction techniques

LEVEL - TRAINER (additional 10 days – without LEVEL 4)

The program covers a total of 110 hours (70 theoretical + 40 practical fieldwork)

Theoretical part 70 hours

1. Basics of snowsports (1 hour)
2. Technique and methodology of snowsports (6 hours)
3. Special didactics (methodology) (9 hours)
4. Biomechanics of Snowsports (3 hours)
5. Sports nutrition (2 hours)
6. Stretching (regeneration method) (2 hours)
7. Basic and special motor skills in snowsports (4hours)
8. Ski equipment and preparation of competitive skis/snowboards (2 hours)
9. FIS rules and organization of competitions (4 hours)
10. Ethics and coaching code (3 hours)
11. Motoric tests for competitors (2 hours)
12. Functional anatomy (8 hours)





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13. Physiology of sport (8 hours)
14. Special training theory (10 hours)
15. Psychological grounds for racers (2 hours)
16. Pedagogy (2 hours)

Practical part (learning by doing) 40 hours

1. Montenegrin school for alpine skiing - technique (10 hours)
2. Setting up of slopes for all FIS disciplines, in different categories, in preparatory and competition periods (11 hours)
3. Technical organization of training (funds and logistics) (7 hours)
4. Organization of the competition in different disciplines (10 hours)
5. Use of audio-visual feedbacks in the training process (2 hours)

Note: Mandatory knowledge of English

Program manager of Ass MASI

Mileta Lekovic

20 march 2012, Žabljak (Durmitor)

M.L.

