




SKI INSTRUCTORS

General about seminars

**CHAIRMAN OF THE MONTENEGRO
ASSOCIATION OF INSTRUCTORS
AND TRAINING COACHES Mr
Vuković Radivoje, prof.**

- Skiing instructors can become any adult who:
 - Pass the entrance exam for the seminar (condition for admission to the seminar - level 1)
 - Completes Level 1 with a positive evaluation Ends Level 2 with a positive grade (becomes ski instructor)
 - He listens and passes theoretical lectures with a positive evaluation (table no. 1)
 - The seminar is conducted by the CUIITS Montenegrin Association of Ski Instructors and Trainers.
 - The seminar program is conducted by licensed demonstrators designated by the ski range.
 - The seminar program is presented in Attachment No.1. and it must be respected and fully implemented as it is written.
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- After completing part I, having completed all theoretical subjects in the prescribed fund of hours, and passing them (table no. 1), the candidate becomes an INSTRUCTOR PREPARATOR. Must be a member of one of the affiliates, and within 2 years to attend the seminar and take II. part of the specialty (determined by the Regulations). During this period of 2 years, he can lead groups but only under the pedagogical guidance and supervision of a licensed ski instructor - "mentor", and must spend 20 hours of sports pedagogical practice, which will be signed by a ski instructor - "mentor". If, after two years, he / she does not take part II of the specialty, the candidate loses the status of trainee and has to re-enter the seminar for part I level 1.
- After completing part I and II of the level, having completed all theoretical subjects in the prescribed fund of hours, and passing them (table no. 1), the candidate becomes a SKI INSTRUCTOR. By passing the exam solely before the exam board, the candidate is granted a license by the IVSI (Amateur Ski Instructors Association).
- It is his responsibility to renew his license each year by attending a State Seminar organized by CUIITS. At a special ISIA seminar that lasts for 5 days, it is possible to take the ISIA (International Professional Ski Instructor License) exam. He retains this license as long as he is an active member of any branch and CUIITS, attending the State Seminar and other acts specified in the Regulations every year.

FIGURES OF THE MONTENEGRO SKIING SCHOOL

AND PART OF THE SPECIALTY

hours of instruction: 48 hours of practical classes + 5 hours of exams

Specialties of Part I:

- GETTING TO KNOW THE EQUIPMENT
- EXERCISES ON THE LEVEL
- PENJANJE
- GETTING UP
- SLIDING STEP

The characters :

- BASIC SKI POSITION AND SLEEP DOWN
- PLOW ATTITUDE AND PAYING STRAIGHT
- PLOUGH BEND
- SLEEPING
- OKLIZAVANJE
- BRIGHT BEND
- PARALLEL BRIDGE BEND

The exam consists of :

- Written part of the exam: group of subjects from table no. 1, from the program.
- Practical part of the exam: 5 elements from part I, and appearance before type I.

PART II SPECIALTY

fund hours: 70 hours of practical classes
+ 5 hours of exams

The characters:

- FAST SCREW;
- DYNAMIC SHORTS;
- DYNAMIC PARALLEL BEND;
- SLALOM AND VELESLALOM DRIVING TECHNIQUE;
- SITUATION DRIVING consists of the following elements:
 - A. SKIING WITH CHANGE OF Rhythm and TEMP;
 - B. FIELD JUMP;
 - C. SKI SKIING;
 - D. SKIING ON SKILLED AND SKIED SNOW;
 - E. SKIING IN DEEP SNOW;

The exam consists of :

- **Written part of the exam:** group of subjects from table no. 1, from the program;
- **Practical part of the exam:** 5 elements from part II, criterion giant slalom, and appearance before type II.

- Situational driving as an exam character may in itself contain elements from A. to E., and the Examining Board decides on the spot one or more of the offered characters.
- **TOTAL PRACTICAL TEACHING: 140 HOURS + 10 HOURS. ADMISSION EXAM BEFORE THE COMMISSION:** Situational driving and doing turns with a change of pace and tempo and swirling fast.
- **NOTE:** Each year, CUIITS conducts a 3-day and 5-day seminar (KAMP) to serve as a candidate preparation instructor for a ski instructor.
- He is obliged to personally pass the entrance examination before the CUIITS Examination Board.

Table No.1. A fund of theoretical knowledge lessons for a ski instructor

SUBJECTS	FOND HOURS
GENERAL AND PART	
Fundamentals of sports science	3
The methodology of sport	5
Functional anatomy	5
Sport Physiology	10
Fundamentals of Sport Psychology	10
Sports medicine	5
Basics of sports statistics and informatics	10
Basics of training theory	10
Dangers and prevention of winter sports	5
TOTAL HOURS	65
SPECIAL PART	
Rules of Snow Sports	10
Elements of the Sports Branch Technique	130
Sport-pedagogical practice	20
TOTAL HOURS	160
TOTAL HOURS GENERAL + SPECIAL PART	225

Important note for candidates:

For CUIITS to recognize the course as valid, the seminar organizers must comply with the following conditions :

1. Classes are taught according to a ski instructor program approved by the Ministry of Science, Education and Sports.
2. Prerequisite for passing the exam for the trainee instructor is passing the entrance exam.
3. Upon completion of Part I and Part II, and the theoretical subjects passed, candidates will be able to obtain an IVSI license only if they have passed the practical part of the examination before the Examination Board.
4. An equally important requirement for obtaining an IVSI license is that the seminar is run exclusively by CUIITS licensed demonstrators.

Note :

- The General Seminar Supplement is an integral part of the CUIITS Rules on the Closer Conditions, Method and Procedure of Obtaining a License for Alpine, Nordic and Snowboard Skiing, and the Annex to the CUIITS Rules and Assessment List.

