

## CORE CONCEPTS

Biggest factor in teaching success is ability to relate to student.

### Piaget's Stages of Development.

- Sensory Motor: Birth to 2, sensory stimuli.
- Pre-operations: 2-6, understanding based on prior experience, unable to manipulate objects in space mentally, think in terms of "what is".
- Concrete operations: 6-10, concrete objects, begins to visualize and manipulate objects mentally, "what if".
- Formal operations: 10+, abstract thinking, fairness and responsibility.

Jensen's Learning Process: Readiness, reception, processing, reaction.

Kolb's Learning Styles: Perception (feeler, thinker), Processing (doer, watcher).

### McCarthy 4MAT System.

- Type 1 – innovative learner (why?)
- Type 2 – analytical learner (what?)
- Type 3 – active experimenter (how?)
- Type 4 – dynamic learner (what if?)

### Gardner's Categories of Intelligence.

1. Verbal-linguistic.
2. Logical-mathematical.
3. Spatial.
4. Bodily-kinesthetic.
5. Musical-rhythmic.
6. Interpersonal.
7. Intrapersonal.

### Muscles: 1. Concentric

2. Eccentric
3. Isometric

Gender Differences: Women have a lower CM, wider pelvis (Q angle), greater hip socket mobility

Questions: closed, open, and generative.

Silberman's Essential Skills: Evaluate goals, assess personal styles, be cognizant of their differences.

### Silberman's Personalities:

1. Extroverted
2. Introverted
3. Sensing
4. Intuitive
5. Thinking
6. Feeling
7. Judging
8. Perceiving

### Maslow's Mountain

Self-actualization

Self-Esteem

Belonging

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### Assessing Movements:

1. Snow tool performance
2. Edging movements
3. Body angles
4. Turning force

Safety & Security

Physiological Needs

### Styles of Conflict Resolution:

1. Competition
2. Accommodation
3. Avoidance
4. Collaboration
5. Compromise

Why People Don't Come Back: Apathy, Unimportance, Run-around, Nothing is easy.

ABC's of Service: Achievement, Belonging, Contribution.

### Responsibility Code.

1. Stay in control.
2. People ahead of you have the right away.
3. Stop in a safe place.
4. When starting, look up hill and yield.
5. Devices to prevent runaway equipment.
6. Observe signs, keep off closed trails.
7. Know how to use lifts.

### Hypothermia: Body temp less than 95\* F.

1. Convection: Movement of air across the body.
2. Conduction: Contact with cold surface.
3. Radiation: Movement of heat from body towards cold surfaces.
4. Evaporation: Loss of heat by sweat, moving from liquid to gas.

### Causes of an Avalanche:

1. Steep slope.
2. Snow cover.
3. Weak layer in snow cover.
4. Trigger.