

MEP L1-3: Fundamentals Coach

Course Duration: 4 Days

Prerequisites: None (Open to all aspiring coaches).

Course Overview

This foundational course is the entry point for all MEP coaches. It is designed for individuals who are passionate about introducing children to the joy of skiing and snowboarding. The focus is on creating a safe, fun, and motivating learning environment. Participants will learn the core principles of the Explorer Teaching Philosophy, focusing on building confidence and a love for the sport in young athletes. The course prioritizes practical application, providing coaches with a simple, repeatable framework for structuring effective lessons and managing a group on the snow. The goal is to create "small wins" for both the coach and the young athlete, instilling a lifelong motivation for teaching and learning.

Core Competencies Developed:

1. **Fundamentals of Movement:** Understanding basic motor learning and the importance of Agility, Balance, Coordination, and Speed (ABCs) in early athlete development.
2. **Explorer Teaching Philosophy (EPT):** Applying the core tenets of exploration, play, and athlete-centered coaching.
3. **Growth-Mindset Coaching (Intro):** Introduction to psychological and social factors, including positive self-talk, emotional regulation, teamwork, and respect.
4. **Lesson Design Basics:** Utilizing the MEP Lesson Builder to create structured, goal-oriented, and fun practice plans with a simple drills & skills database.
5. **Safety & Class Management:** Mastering the "Duty of Care," including group stopping, lift protocols, and managing minor conflicts.
6. **Delivering Feedback:** Learning to give simple, active feedback that encourages effort and exploration.

Key Learning Outcomes

Upon successful completion, coaches will be able to:

1. Create a safe and positive learning environment for first-time and novice skiers/riders.

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2. Demonstrate the ability to teach the beginner progression (from equipment familiarization to parallel skiing).
3. Apply the four pillars of learning (Attention, Active Engagement, Error Feedback, Consolidation) in a simplified manner.
4. Design and deliver a complete 2-hour lesson using the MEP Lesson Builder.
5. Effectively use basic drills to develop balance and coordination in young athletes.
6. Communicate simple, positive feedback to parents.

Schedule Overview

Day	Focus Area	Key Activities & Content
Day 1	The Explorer Coach	Introduction to MEP, Code of Conduct, the Explorer Teaching Philosophy and the importance of play. Learn the fundamentals of movement, games for Agility, Balance, and Coordination. Group management and safety protocols.
Day 2	The Science of Learning	Module 2: Focus on the MEP Educational Framework and the Explorer Philosophy and gain experience applying the concepts in practical settings. Practice teaching segments focusing on capturing and holding attention. Introduction to the Drills & Skills database.
Day 3	Designing the Adventure	Using the MEP Lesson Builder, and setting clear technical goals. Scaffolding and creating progressions. On-snow: Coaches design and deliver a mini-lesson segment, focusing on a single technical goal. Peer feedback.
Day 4	Assessment & Next Steps	Module 6 & 8: Delivering a practice and communicating with parents. On-snow: Final teaching exam (practice teach). Course wrap-up, feedback, and introduction to post-course requirements.

Technical Skill Requirements for Certification:

Coaches must achieve a mark of "Exceeded Expectations" on the technical skills of the MEP Level 3. Please see the MEP Teaching System and Assessment Rubric for details.

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Additional Requirements for Certification

To be fully certified as an MEP L1-3 Coach, participants must complete the following additional courses within 12 months:

1. **English for Coaching I** (Online/On-snow)
2. **Introduction to the MEP Educational Framework** (Online Module)
3. **Ethics and Sport** (Online Module)
4. **CPR & First Aid** (Red Cross Certification)

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MEP L1-3: 基础教练

课程时长: 4 天

先修条件: 无 (对所有有志于成为教练的人开放)。

课程概述

本基础课程是所有 MEP 教练的入门点。它专为热衷于向孩子们介绍滑雪和单板滑雪乐趣的人士设计。重点在于创造一个安全、有趣且激励人心的学习环境。参与者将学习探索者教学哲学的核心原则，专注于在年轻运动员中建立信心和对运动的热爱。本课程优先考虑实际应用，为教练提供一个简单、可重复的框架，用于构建有效课程和管理雪上小组。目标是为教练和年轻运动员创造"小胜利"，从而注入终身教学和学习的内在动力。

培养的核心能力:

1. **运动基础:** 理解基本运动学习，以及敏捷性、平衡、协调和速度 (ABCs) 在早期运动员发展中的重要性。
2. **探索者教学哲学:** 应用探索、玩乐和以运动员为中心的教练理念的核心原则。
3. **成长型思维 coaching (入门):** 介绍心理和社会因素，包括积极的自我对话、情绪调节、团队合作和尊重。
4. **课程设计基础:** 利用 MEP 课程构建器，配合简单的训练与技能数据库，创建结构化、目标导向且有趣的实践计划。
5. **安全与班级管理:** 掌握"关怀责任"，包括集体停止、缆车规程和管理轻微冲突。
6. **提供反馈:** 学习给予简单、积极的反馈，鼓励努力和探索。

关键学习成果

成功完成本课程后，教练将能够:

1. 为初次接触和初级的滑雪/单板滑雪者创造一个安全、积极的学习环境。
2. 展示教授初学者进阶流程 (从熟悉装备到平行式滑雪) 的能力。
3. 以简化的方式应用学习的四大支柱 (注意力、主动参与、错误反馈、巩固)。
4. 使用 MEP 课程构建器设计并实施一个完整的 2 小时课程。
5. 有效运用基本训练来发展年轻运动员的平衡和协调能力。
6. 与家长进行简单、积极的沟通反馈。

日程概览

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天数	重点领域	关键活动与内容
第 1 天	探索者教练	MEP 介绍、行为准则、探索者教学哲学和玩乐的重要性。学习运动基础、提高敏捷性、平衡和协调能力的游戏。小组管理和安全规程。
第 2 天	学习的科学	模块 2：聚焦 MEP 教育框架和探索者哲学，并在实践中应用这些概念。练习专注于吸引和保持注意力的教学片段。介绍训练与技能数据库。
第 3 天	设计冒险之旅	使用 MEP 课程构建器，设定明确的技术目标。搭建支架和创建进阶流程。雪上实践：教练设计并实施一个微型教学片段，专注于单一技术目标。同行反馈。
第 4 天	评估与下一步	模块 6 和 8：进行实践教学并与家长沟通。雪上实践：最终教学考核（实践教学）。课程总结、反馈，并介绍课后要求。

认证所需的技术技能要求：

教练必须在 MEP 3 级技术技能上达到"超出预期"的标准。详情请参阅 MEP 教学体系和评估标准。

认证附加要求

要完全获得 MEP L1-3 教练认证，参与者必须在 12 个月内完成以下附加课程：

1. 教练英语 I（在线/雪上）
2. MEP 教育框架介绍（在线模块）
3. 伦理与运动（在线模块）
4. 心肺复苏术和急救（红十字会认证）

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