

PAK201 – LATERAL SLIDE INSTRUCTOR BEHAVIORAL OBJECTIVES

This course does not include a slide. Various manufacturers are listed in the course text. At the end of this training, the instructor will be able to demonstrate the basic-principles that follow:

- define slide training
- explain the history of slide training
- discuss the research regarding slide training
- list 10 benefits of slide training
- plan and prepare for leading a slide class
- determine features of a slide
- determine the safe number of classes to teach per week
- list the pros and cons of adjustable vs. non-adjustable slides
- discuss the importance of a 20 degree ramp/bumper opposed to a 90 degree straight edge bumper
- list 6 guidelines for slide care
- explain the anatomy of the knee, foot, and ankle, including bones, joints, ligaments, cartilages, and major muscles
- discuss 4 major safety factors regarding slide training, including the American Academy of Osteopaedic Surgeons suggested range for safe ankle eversion
- explain proper slide technique
- discuss principles of equilibrium and stability
- explain methods of maintaining balance
- list at least 10 teaching tips
- discuss 6 common recommendations to address participant issues
- discuss muscle balance related to slide
- assemble an aerobic slide class structure including basic movements
- discuss methods of monitoring intensity
- list 23 instructional and teaching guidelines
- list 3 major risky slide movements