

PSIA – Rocky Mountain Division – AASI
ADAPTIVE ALPINE PROFESSIONAL DEVELOPMENT LOG FOR INSTRUCTORS NEWER TO THE DISCIPLINE
3-TRACK, 4-TRACK & SLIDER

Name: _____

Revision 9-14-24

Instructions: This development log is a tool for you to develop your skiing, teaching, and technical skills in preparation for instructing Adaptive lessons or your Adaptive exam. As you prepare, include comments and notes that you find beneficial, including notes from previous training and clinics. This form is set up so that you may either print it out and fill it in by hand or fill it in electronically and then print it out. Please note that if you fill it in electronically and write more than what is visible on the screen, it will only print what is visible on the screen. There is space at the end to put in additional comments.

Candidates are not required to turn in the development log for examiner’s review. Keep this log for review by your school trainer so that you can use it as an ongoing resource.

The information in this document is provided only as a guideline. Although every effort has been made in preparing and assembling this guideline, with a goal of providing timely, complete, and accurate information, PSIA-RM-AASI makes no claims, promises, or guarantees about the timeliness, accuracy, completeness, or adequacy of the contents of this guideline, and PSIA-RM-AASI assumes no liability or responsibility and expressly disclaims liability for any errors and omissions in its contents

Local and program regulations and safety guidelines take precedence over this information. It is in your best interest to exercise due diligence in determining the appropriateness of the information for your particular circumstances. In addition, please take into account any and all factors that may affect your lesson. This includes but is not limited to: the health, well-being, and fitness of the guest; weather conditions; terrain; other people on the slope; your own abilities, as well as those of your guest and anyone who may accompany you.

This guideline provides links to other resources as well as websites owned by or maintained on behalf of third parties. The content of any such third-party source or site is not within our control, and we cannot and will not take responsibility for the information in them, nor should any references to them be considered any endorsement by PSIA-RM-AASI.

✓	Adaptive Level 1 & 2 Technical Knowledge	Comments/Notes
<p><i>Your guests expect you to provide them with something they don't have: the technical knowledge needed to improve their skiing performance. Do you understand the technical aspects of skiing well enough to communicate this knowledge to your guests?</i></p>		
	<p>Identify and describe Skills Concept and the Five Fundamental Mechanics of Alpine Skiing. <i>How are they used in various skiing conditions? How are they used in the adaptive environment? Discuss similarities and differences in skill usage as the skier progresses from level 1 to 4. Identify situational variations of skill application.</i></p>	
	<p>Understand and use Movement Analysis (MA). <i>You can practice with your peers or by observing adaptive lessons or watching videos. (YouTube.com and vimeo.com have some adaptive skiing videos.). Incorporate guest profiles and the alpine fundamentals.</i></p>	
	<p>OBSERVATION: <i>Observe and describe the application of fundamentals in all turn phases. Include the impacts of tactical decisions, equipment choices, physical development, terrain, and snow variation.</i> BODY PERFORMANCE SKI PERFORMANCE</p>	
	<p>EVALUATION: <i>Evaluate and describe the cause-and-effect relationships of fundamentals relative to the desired outcome. Compare described performance to more ideal performance.</i></p>	
	<p>PRESCRIPTION: <i>Prescribe a specific change, relative to fundamentals, to achieve the desired outcome.</i></p>	

✓	Adaptive Level 1 Technical Knowledge (cont.)	Comments/Notes
	<p><i>Your guests expect you to provide them with something they don't have: the technical knowledge needed to improve their skiing performance. Do you understand the technical aspects of skiing well enough to communicate this knowledge to your guests?</i></p>	
	<p>Identify body-parts specific to: Edging Movements Pressuring Movements (fore/aft & foot to foot) Rotational Movements Magnitude of Pressure</p>	
	<p>Understand how skills are blended. <i>How are the skills blended differently for various snow and terrain conditions?</i></p>	
	<p>Read the <i>Alpine Technical Manual</i>. <i>What new ideas can you incorporate in your lessons?</i></p>	

✓	Adaptive Level 1 Teaching Knowledge	Comments/Notes
<p style="text-align: center;"><i>Your teaching knowledge allows you to effectively translate your technical knowledge to your guests. Are you offering your guests the most positive and safe skiing experience?</i></p>		
	<p>Learn “Your Responsibility Code.” How can you effectively apply this throughout all aspects of your skiing and lessons?</p>	
	<p>Learn the Park SMART Points. <i>When do you use this? How can you get your guests to understand these points? How can you effectively apply this throughout all aspects of your skiing and lessons?</i> Terrain Park Safety</p>	
	<p>Understand the Teaching Cycle. <i>How does this relate to a lesson plan?</i></p>	
	<p>Understand the various models for Learning Styles. <i>Which models work best for you? If you typically rely on one model, you may want to explore other models.</i></p>	
	<p>Understand Teaching for Transfer. <i>What movement patterns transfer to skiing from some of the most common experiences/sports/activities?</i></p>	

✓	Adaptive Level 1 Teaching Knowledge (cont.)	Comments/Notes
<p><i>Your teaching knowledge allows you to effectively translate your technical knowledge to your guests. Are you offering your guests the most positive and safe skiing experience?</i></p>		
	<p>Understand Lateral Learning. <i>You can practice by creating lesson plans that incorporate the lateral learning concept.</i></p>	
	<p>Understand goal setting for guests. <i>Notice that some adaptive guests may not progress as quickly as other guests. Practice how to include guests in setting goals.</i></p>	
	<p>Observe lessons to practicing using the Movement Analysis model: OBSERVATION: Observe and describe the application of one fundamental in all turn phases. Include the impacts of tactical decisions, equipment choices equipment choices, physical development, terrain, and snow variation. Body Performance and Ski Performance</p> <p>EVALUATION: Evaluate and describe the cause-and-effect relationships of fundamentals relative to the desired outcome. Compare described performance to more ideal performance.</p> <p>PRESCRIPTION: Prescribe a specific change, relative to fundamentals, to achieve the desired outcome.</p>	
	<p>Read the <i>Teaching Snowsports Manual</i> <i>What new ideas can you incorporate in your lessons?</i></p>	

✓	Adaptive Specialty: 3-Track/4-Track	Comments/Notes
	Learn to assess the guest's balance, stance & physical needs.	
	Learn about outrigger parts and their adjustments. <i>When would you adjust the length of the outrigger? The outrigger bolt?</i>	
	Understand principles of ski length and shape. <i>Under what circumstances would you use a longer ski or a shorter ski? A more shaped ski or a straighter ski?</i>	
	Be familiar with and use different adaptive devices such as tip connectors, tail connectors, tethers. <i>What are the benefits and challenges of each device? Under what circumstances would you use each device?</i>	
	Practice various hands-on assists such as a 2-point hold and tip hold. <i>In what situations would you use these assists?</i>	

✓	Adaptive Specialty: 3-Track/4-Track (cont.)	Comments/Notes
	Practice lift loads/unloads and safety protocols. <i>What additional safety concerns should you address with a 3-Track/4-Track guest?</i>	
	Learn to ski with outriggers. <i>One of the best ways to understand skiing with outriggers is to practice skiing as a 3-tracker (holding one leg up) and as a 4-tracker. Notice how tired you get when one leg is supporting all your weight. How can you structure your lessons to minimize fatigue? Video your 3-T/4-T skiing performance and use it for movement analysis.</i>	
	Tether a 4-Track skier (practice with a colleague first). <i>Can you safely tether? Which positions and techniques work best and why? How can you stop quickly in a safe manner?</i>	
	Read the PSIA-RM-AASI Alpine Adaptive Teaching Guide: 3-Track/4-Track and the Alpine Adaptive Teaching Guide: Slider How can you use the skill development outcomes to help improve your lesson content?	
	Audit an experienced instructor in a slider lesson. Audit a 3-Track/4-Track lesson. <i>What did you learn that you can use in your own slider or 3-Track/4-Track lessons?</i>	
	Write out Slider and 3-Track and 4-Track lesson plans. <i>Create sample scenarios and then write out sample lesson plans to fit your scenarios. Try thinking of unique scenarios! How might 3-Track/4-Track lesson plans differ from other stand-up lesson plans? How can you help your guest gain greater independence?</i>	

✓	Adaptive Specialty: Slider	Comments/Notes
	Learn to assess the guest's balance, stance & physical needs.	
	Learn about the slider parts and their adjustments. <i>What functions do they support? Think about various diagnoses of skiers who may require a slider due to balance, stance and physical issues and practice adjusting the slider to meet potential needs.</i>	
	Understand principles of ski length and shape. <i>Under what circumstances would you use a longer ski or a shorter ski? A more shaped ski or a straighter ski?</i>	
	Practice loads/unloads and safety protocols. <i>What additional safety concerns should you address with a Slider guest?</i>	
	Practice tethering a Slider (Practice with a colleague first). <i>Can you safely tether a Slider? Which positions and techniques work best and why? How can you stop quickly in a safe manner?</i>	

✓	Adaptive Specialty: Slider (cont.)	Comments/Notes
	<p>Learn to ski with the Slider. <i>One of the best ways to understand skiing with a slider is to have a trained adaptive instructor tether you in a Slider. How does it feel to depend on someone else for your speed control, directionality, safety?</i></p>	
	<p>Read the PSIA-RM-AASI Slider Adaptive Teaching Guide. How can you use the skill development outcomes to help improve your lesson content?</p>	
	<p>Audit an experienced instructor in a Slider lesson. <i>What did you learn that you can use in your own Slider lessons?</i></p>	
	<p>Write out Slider lesson plans. <i>Create sample scenarios and then write out sample lesson plans to fit your scenarios. Try thinking of unique scenarios! How might Slider lesson plans differ from other stand-up lesson plans? How can you help your guest gain greater independence?</i></p>	

✓	Disability Awareness	Comments/Notes
<i>As an adaptive ski instructor, you are expected to understand the concepts of alpine skiing and be aware of the disabilities that might affect your guests.</i>		
	Read the PSIA-RM-AASI Common Gaits in Adaptive Students, PSIA Adaptive Snowsports Instruction Manual, Adaptive Instruction Supplement: Diagnoses and Medications Classifications, and the PSIA-RM-AASI Adaptive Alpine Level 1 Assessment Support Material. What other trustworthy references are available?	
	Study the diagnoses that might cause a person to ski as a 3-Tracker or 4-Tracker or with a Slider, as well as the medications that these individuals might use. <i>The diagnoses and medications exam candidates are expected to know are listed in the PSIA-AASI National Certification Performance Guides at PSIA-AASI National Certification Standards . Do you understand the symptoms and considerations for each disability? Do you understand medication classes, purpose, side effects? Hint: Create hand-written or electronic flash cards for study.</i>	
	Know basic Disability Etiquette. <i>Incorporate this etiquette into your lessons and interactions with your guests.</i>	
✓	Prepare for Level 1 Adaptive Certification	Comments/Notes
	Become a PSIA member if you are not currently a member.	
	Be an employee or volunteer of a recognized ski school or adaptive ski program and complete a minimum of ten hours of in-house and on-hill training, provide actual on-hill 3-Track, 4-Track, and Slider lessons to guests.	
	Schedule and pass Alpine Level 1 Certification Assessment	
	Audit 3-Track, 4-track, and Slider lessons for guests. Ask your trainer or experienced adaptive instructor to observe your lessons in this discipline and provide feedback.	
	Put genuine time and effort into studying materials and engaging in activities referenced in this log prior to your exam.	
	Register for the Adaptive Alpine Level 1 On-Hill Assessment for the Stand-up Physical Diagnoses module.	
	Take the Adaptive Alpine Level 1 online assessments for Stand-up Physical Diagnoses at least one week before the on-hill assessment.	
	It is your responsibility to bring all adaptive equipment that is needed for your on-hill exam. Work with your fellow examinees to get the appropriate amounts and types of equipment to the exam.	

Additional Notes

Empty box for additional notes.