

Analyze and Apply: Movement Analysis of Adaptive Skiers Online Clinic Outline

Discipline: Adaptive

Duration: 2 Hour Session for 2 CEU's. Attendees must be present and display active participation to receive credit for the session.

Setting: Online

Course Description:

This interactive online session serves as a base for any ski or snowboard instructor who wants to hone their skills in movement analysis for skiers using distinct types of adapted equipment. Whether you want to perfect your own skiing/riding using adaptive equipment or become a more effective adaptive coach or instructor, this clinic will help you apply your basic knowledge and understanding of alpine MA to skiers in adaptive alpine disciplines. We'll explore the similarities in movement patterns and outcomes for a variety of adapted skiers and equipment in the designated adaptive discipline, focus on movement opportunities rather than challenges, delve into body mechanics, review equipment technology, and investigate techniques that support effective movements of skiers with disabilities. Plan to observe, discuss, and probe in depth videos of skiers using adapted equipment in a specific discipline or module.

Register for one or more of the following Analyze and Apply MA sessions:

- Monoski/Biski MA Webinar Stand-up
- Physical Diagnoses (3-T, 4-T, Slider) MA Webinar
- Cognitive Diagnoses/Visual Impairment MA Webinar

Prerequisites Courses:

- Participants must have ownership of the basic movement analysis process prior to attending these MA sessions.
- Obtain this pre-requisite by successfully attending the Introduction to MA–Alpine (available online through PSIA National), or through other PSIA or Resort MA on-line or in-person training.

Knowledge and Experience Expectations:

- Experience teaching guests with disabilities who use adaptive equipment.

Course Objectives:

By the end of this clinic, successful participants will be able to:

- Demonstrate use of an effective movement analysis model.
- Identify similarities of movement patterns that apply to all skiers, whether stand up or sit down.
- Observe, describe, and provide a prescription for change to movements of adaptive skiers in specific equipment.
- Identify and communicate needed adaptations or adjustments to equipment that would support effective movements of skiers with disabilities.
- Identify aspects of disabilities that impact ideal movements in specific discipline adaptive skiing.

Potential Learning Outcomes:

- Watch video of discipline specific skiers with medical diagnoses.
- Practice observing body and ski performance of skiers using specific adaptive equipment via adaptive skier video.
- Engage in partner or group activities to evaluate and describe the cause-and-effect relationships of fundamentals relative to the desired outcome.
- Group share to compare described performance to more ideal performance for the guest using specific adaptive equipment.
- Prescribe a specific change, relative to fundamentals and the adaptive discipline and diagnosis, to achieve the desired outcome.

Materials Needed:

- Access to Zoom online platform
- Computer
- Many mobile devices do not allow for full participation in online meetings. It is strongly recommended that you use a computer with working video, speaker, and microphone capabilities to connect to the meeting via the internet. If your computer does not have speaker and microphone capabilities, you may use a phone for the audio portion of the webinar.