



ROCKY MOUNTAIN

Applying Alpine Fundamentals Across Adaptive Disciplines

Duration: Full-day on-snow; Credits: 6 CEU's

Learning Connection Highlight:
Alpine and Adaptive Technical.

Course description:

Attendees will spend lots of time skiing in this interactive clinic while exploring the Alpine Skiing Fundamentals and their application to various adaptive alpine skiing disciplines. Compare and contrast the body mechanics of people with different diagnoses; investigate how the Fundamentals impact stand-up and sit-down skiers; and apply the Fundamentals and possible adjustments when using adaptive equipment.

Recommended Preparatory Learning or Prerequisites:
Review Fundamental Mechanics of Alpine Skiing.

Prerequisite Course(s) and Skills:

Level 6 or higher alpine skiing skills; exposure to adaptive alpine ski equipment and techniques.

Learning Outcomes:

- Identify the five alpine skiing fundamental movements.
- Identify characteristics of specific diagnoses that affect body mechanics.
- Communicate how and why effects of specific diagnoses may impact implementation of the fundamental movements.
- Apply the alpine fundamental movements and adaptations required to skiers with or without adaptive equipment.

Learning Experiences:

- Ski and observe to learn Fundamentals.
- Apply Fundamentals while using various types of stand and sit equipment.
- Participate in movement simulation of mechanics for different diagnoses.

Materials/Equipment needed:

- Personal alpine ski equipment.
- Adaptive alpine ski equipment.
- Helmet use required.