



**ROCKY MOUNTAIN**

## **Title**

Movement Analysis 201 Online

## **Duration**

Two 2.5-hour sessions/ 6 CEU's

## **Learning Connection Highlight**

Technical Skills

## **Course Description**

This online course is for Level 1 Certified instructors pursuing their Alpine Level 2 Certification. It's designed to help you train for the Alpine Cert 2 Movement Analysis and Technical Understanding Assessment. The course focuses on learning to observe, describe, and evaluate movements, and prescribe specific changes relative to desired outcomes of intermediate skiers. Expect to analyze ski performance and related body movements to observe and describe accurate cause and effect relationships. The course is broken up into two online sessions, each one lasting 2.5 hours. You will need a computer with internet access to attend this clinic via Zoom.

## **Recommended Preparatory Learning or Prerequisites**

- Technical Foundations
- Precision Skiing 201, 202, and/or 203

## **Prerequisite Courses and Skills**

- Level 1 Certification
- Familiarity with Zoom video calls
- Ability to identify and distinguish between the 5 Skiing Fundamentals
- Ability to identify and distinguish between the 3 Skiing Skills (Edge Control, Rotary Control, and Pressure Control)

## **Learning Outcomes**

By the end of this clinic, successful participants will be able to do the following with any skiing fundamental in all turn phases for all intermediate skiers:

- Observe body and ski performances that relate to the same skiing fundamental
- Communicate observed body and ski performances
- Relate how the observed body and ski performances affect each other in a "cause and effect" relationship
- Compare observed performance with desired performance



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- Prescribe specific changes in body and ski performance to attain desired performance

### Learning Experiences

- Watch videos of expert demonstrators skiing basic parallel turns. Group discussion led by clinic leader includes:
  - How the skier maintains consistent speed through shaping their turns
  - How the skier uses each of the skiing fundamentals to achieve the desired performance. Discussion includes how body and ski performances relate to each other.
- Watch videos of intermediate skiers. Group discussion led by clinic leader includes:
  - Observed differences in speed and turn shape from desired performance. Compare with the ideal skiing seen earlier.
  - Observed application of skiing fundamentals including body and ski performances. Relate body and ski performances in “cause and effect” relationships.
  - Incorporate Duration, Intensity, Rate, and Timing of ski and body performances to enhance descriptions.
- Discuss prescriptions for change for the intermediate skiers. Relate changes in body and ski performances for desired performances.
- Discuss tactics for optimizing performance in assessments. Topics include:
  - Starting analyses with body or skis
  - Starting analyses with big picture or details
  - Starting analyses with prescription for change or description of observed skiing

### Materials/Equipment Needed

- Computer with internet access
- Video of Ideal Basic Parallel Skiing (multiple skiers is better). Videos from the Matrix or YouTube are recommended
- Video of Intermediate Skiers
- Alpine Performance Guide
- PSIA Alpine Technical Manual