



**ROCKY MOUNTAIN**

## **Title**

Movement Analysis 301 On-Snow

## **Duration**

1 Day/ 6 CEU's

## **Learning Connection Highlight**

Technical Skills

## **Course Description**

This on-snow course is for Level 2 Certified instructors pursuing their Alpine Level 3 Certification. It's designed to help you train for the Alpine Cert 3 Movement Analysis and Technical Understanding Assessment. This course will provide guided, real-time practice in preparation for the assessment. Prepare to analyze your peers' skiing, have your skiing performance analyzed by your peers, and compare your skiing performance with the desired performance. Expect to ski groomed and ungroomed green, blue, black, and/or double black diamond terrain while skiing tasks in the advanced/expert zone.

## **Recommended Preparatory Learning or Prerequisites**

- Technical Foundations
- Movement Analysis 301 Online
- Precision Skiing 301, 302, and/or 303

## **Prerequisite Courses and Skills**

- Level 2 Certification
- Safely ski groomed and ungroomed green, blue, black, and double black diamond trails suitable to the Level 3 Skiing Assessment.

## **Learning Outcomes**

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

- Analyze the skiing performance of their peers' skiing a prescribed advanced/expert- level ski task. Analyses will incorporate multiple fundamentals.
- Compare their skiing performance to the desired performance in the advanced/expert zone using multiple skiing fundamentals.



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## **Learning Experiences**

Skiing tasks used for movement analysis and technical understanding practice sessions should be from the PSIA-RM Skiing IDP Level 3 Integrated and/or Versatility Assessment Activities.

- Observe clinic leader analyzing skiing performance of other participants.
- Clinic leader provides guided practice for participants analyzing skiing performance of a peer performing a predetermined advanced/expert-level skiing task.
- Clinic leader provides guided practice for participants comparing their skiing performance of a predetermined advanced/expert-level skiing task.
- Discussions, reflections of analyses, exploration of technical topics as needed.

## **Materials/Equipment Needed**

- PSIA-RM Skiing IDP (Level 3 Integrated and Versatility Assessment Activities)
- Alpine Performance Guide (Level 3 Movement Analysis and Technical Understanding)
- Level 3 Movement Analysis and Technical Understanding Assessment Form
- Recommended Equipment Considerations
  - Tuned skis narrower than 98 mm underfoot
  - Alpine Ski Boots (Alpine Touring Boots are not recommended)