



ROCKY MOUNTAIN

Title

Movement Analysis 401 On-Snow

Duration

1 Day/ 6 CEU's

Learning Connection Highlight

Technical Skills

Course Description

This on-snow course is designed for PSIA-RM Alpine Trainer candidates preparing for the Alpine Trainer Movement Analysis/Technical Understanding Assessment. Expect to analyze other participants' skiing, have them analyze your skiing, analyze skiing of members from the general public, and have technical discussions about skiing. Prepare to ski all terrain and conditions available and suitable to the Alpine Trainer Movement Analysis/Technical Understanding Assessment.

Recommended Preparatory Learning or Prerequisites

- Read the PSIA-RM Alpine Trainer Guide
- Precision Skiing 401
- Clinic Leading 401

Prerequisite Courses and Skills

- Successful completion of the PSIA-RM Alpine Entrance Assessment

Learning Outcomes

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

- Analyze skiing of any level skier (up to Alpine Trainers) and include:
 - A prescription for change that helps the skier affect their speed, turn shape, turn size, and/or ski-snow interaction
 - Combinations of skiing fundamentals, and how they interact with each other, to describe the skier's speed control, turn shape, turn size, line, and/or ski-snow interaction.
 - Supporting details for the description and prescription for change based in biomechanics and/or physics
- Adjust the level of details of an analysis to meet the different certification requirements for levels 1-3



ROCKY MOUNTAIN

Learning Experiences

- Identify technical understanding topics for discussion and clarification.
- Choose specific skiing tasks to analyze other group member's skiing.
- Practice analyzing skiing and using the parameters of certification standards to frame the analysis. For example, provide an analysis of someone's skiing at the Cert 1 standard. Then expand on it to meet the Cert 2 standard. Then expand on it again to meet the Cert 3 standard. Discuss the benefits of adapting the depth of the analysis to support the training needs of instructors at the participant's home resorts.

Materials/Equipment Needed

- PSIA-RM Alpine Trainer Clinic Leading Assessment Form
- PSIA-RM Alpine Trainer Guide
- Recommended Equipment Considerations
 - Tuned skis narrower than 98 mm underfoot
 - Alpine Ski Boots (Alpine Touring Boots are not recommended)