



ROCKY MOUNTAIN

Title

Precision Skiing 101

Duration

2 Days/ 12 CEU's

Learning Connection Highlight

Technical, Teaching, and People Skills

Course Description

This on-snow course is for PSIA-AASI members pursuing their Alpine Level 1 Certification. It is required for all members who are not affiliated with a ski school or have not completed their new hire training through their ski and ride school. Prepare to practice the Level 1 Skiing Assessment Activities, explore technical topics around skiing to establish basic movement analysis skills, and workshop ideas for teaching beginner and novice skiers. Expect to ski primarily on groomed and ungroomed green and blue terrain suitable to the Level 1 Skiing Assessment.

Recommended Preparatory Learning or Prerequisites

- PSIA-AASI Alpine Level 1 E-Learning Course on the PSIA-AASI National website (www.thesnowpros.org).

Prerequisite Courses and Skills

- Current PSIA-AASI membership
- Safely ski all groomed and ungroomed green and blue terrain in a group setting.
- Knowledge and application of the NSAA Responsibility Code

Learning Outcomes

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

- Demonstrate Level 1 Skiing Assessment Activities
- Analyze a peer skiing Wedge Turns using the Skiing Fundamentals and establishing body and ski cause-and-effect relationships.
- Provide prescriptions for change based on movement analysis of a peer skiing Wedge Turns.
- Teach a peer in the beginner zone using the Teaching/Learning Cycle.

Learning Experiences

- Practice Level 1 Skiing Assessment Activities from the PSIA-RM Skiing IDP.



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- Explore the Center Line Common Threads (both skis remain on the snow, ankles work in unison creating matching forward angles, skis are simultaneously guided to begin the turn, a countered relationship is maintained through the finish of the turn, the legs flex and extend independent of each other to move the Center of Mass laterally from turn to turn, and pole use and position supports the stability of the torso) in Wedge Turns and Wedge Christies.
- Discuss and explore ski and body cause-and-effect relationships.
- Observe peers skiing Wedge Turns.
- Observe the Examiner analyzing group members Wedge Turns. Discuss strategies for analysis including observations, prioritizing a Skiing Fundamental, cause-and-effect relationships, highlighting turn phases, speed, turn shape, turn size, and ski-snow interaction.
- Practice movement analysis on a peer skiing Wedge Turns.
- Discuss strategies for teaching beginners and novice skiers skiing. Ski lesson topics that aren't focused on ski technique (e.g. equipment orientation, clothing, getting up from a fall, riding lifts safely, etc.) will not be included. Encourage participants to learn these topics via the PSIA-AASI Teaching Manual, "Delivering the Beginner Experience" e-learning course, and new hire training.
- Practice teaching 2 peers in a group lesson format using the content from the PSIA-RM "Level 1 Teaching Progression Examples."

Materials/Equipment Needed

- PSIA-RM Skiing IDP
- Alpine Performance Guide
- Level 1 Assessment Form
- Level 1 Teaching Progression Examples
- Recommended Equipment Considerations
 - Tuned skis narrower than 98 mm underfoot
 - Alpine Ski Boots (Alpine Touring Boots are not recommended)