



ROCKY MOUNTAIN

Title

Precision Skiing 301 (Integrated Fundamentals Assessment Activities)

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 Integrated Assessment Activities in the Cert 3 Alpine Skiing Assessment. We will train to refine the application of fundamentals and skill blending seen in the Common Threads that connect Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns. Expect to ski primarily on groomed green, blue, and black terrain suitable to the Level 3 Skiing Assessment. Depending on conditions and learning experiences, the clinic may venture onto ungroomed terrain.

Recommended Preparatory Learning or Prerequisites

- Precision Skiing 302 and/or 303
- Technical Foundations

Prerequisite Courses and Skills

- Level 2 Certification
- Safely ski green, blue, and black diamond trails.

Learning Outcomes

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

- Demonstrate Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns using the Common Threads (both skis remains on the snow, ankles work in unison creating matching forward angles, skis are simultaneously guided to being 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/position supports stability of the torso).
- Explain how the duration, intensity, rate, and timing of movements changes through the 4 skiing demonstrations without changing the balance of skill blending and application of fundamentals.
- Align skiing tactics for effective performance and demonstrations.



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Learning Experiences

- Review the Center Line Common Threads (both skis remain on the snow, ankles work in unison creating matching forwards angles, skis are simultaneously guided to being 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).
- Review how the balance of skill blending and application of fundamentals is maintained through the 4 skiing tasks while the DIRT changes.
- Practice Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns focusing on the application of the Common Threads and their relationship to the skiing fundamentals and skiing skills.
- Explore other tasks to emphasize movement patterns and/or aspects of the Common Threads to improve performance of Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns.
- Discuss technical topics as needed to clarify intentions.
- Identify tactics that enhance demonstrations.

Materials/Equipment Needed

- PSIA-RM Skiing IDP
- Alpine Performance Guide
- Level 3 Skiing Assessment Form
- Recommended Equipment Considerations
 - Tuned skis narrower than 98 mm underfoot
 - Alpine Ski Boots (Alpine Touring Boots are not recommended)