



ROCKY MOUNTAIN

Title

Precision Skiing 302 (Individual 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 Individual Assessment Activities in the Cert 3 Alpine Skiing Assessment. We will train to refine the demonstrations of Individual Fundamental Assessment Activities from the PSIA-RM Skiing IDP. 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 301 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 adaptation of skiing fundamentals and intentionally emphasize select skiing skills (without neglecting the others) to demonstrate tasks from the Individual Fundamental Assessment Activities on the PSIA-RM Skiing IDP.
- Align skiing tactics for effective performance and demonstrations.
- Identify Assessment Activities to practice for personal skill development.
- Identify Assessment Activities to practice for improving demonstrations.

Learning Experiences

- Identify Individual Fundamentals Assessment Activities from the PSIA-RM Skiing IDP that require clarification and/or practice.



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- Practice Individual Fundamentals Assessment Activities from the PSIA-RM Skiing IDP
- 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)