



ROCKY MOUNTAIN

Title

Precision Skiing 401

Duration

1 Day/ 6 CEU's

Learning Connection Highlight

Technical Skills

Course Description

This course is designed for PSIA-RM Alpine Trainer Candidates preparing for the PSIA-RM Alpine Trainer Skiing Assessment Module. Expect to refine and hone skiing demonstrations to enhance your visual communication while leading training clinics. We will use the Center Line Common Threads as a starting point to explore how the Skiing Fundamentals and skill blends are adapted to specific skiing tasks. Prepare to explore task variations using differences in speed, accuracy, and environment. We will emphasize how a clinic leader's skiing skills and demonstrations support instructor training.

Recommended Preparatory Learning or Prerequisites

- Read the PSIA-RM Alpine Trainer Guide
- Clinic Leading 401
- Movement Analysis 401

Prerequisite Courses and Skills

- Successful completion of the PSIA-RM Alpine Trainer Entrance Assessment
- Safely ski all groomed and ungroomed terrain (green, blue, black, and double black) suitable to the Assessment Activities on the PSIA-RM Skiing IDP.

Learning Outcomes

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

- Demonstrate the Center Line Common Threads using Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns.
- Demonstrate variations of Skiing Fundamentals and skill blends through variations of Wedge, Wedge Christies, Basic Parallel, and Dynamic Parallel Turns, and/or other Assessment Activities from the PSIA-RM Skiing IDP.
- Adjust demonstrations to enhance visual skills that support instructor training.
- Identify equipment issues or choices that may help or hinder personal performance.



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Learning Experiences

- Practice Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns using the Center Line Common Threads. Pay attention to using the skiing tasks to demonstrate the Common Threads.
- Practice variations of Wedge, Wedge Christie, Basic Parallel, and Dynamic Parallel Turns that do not use all of the Center Line Common Threads. Be intentional about which Common Thread/Skiing Fundamental/Skill Blend is being adapted and the purpose for the adaptation.
- Practice Assessment Activities from the PSIA-RM IDP that highlight specific Skiing Fundamental applications or skill blends that enhance technical understanding and/or demonstrations. Vary the performance of the demonstration using speed, accuracy, and/or environment.
- Discuss technical topics as needed to clarify intentions.
- Identify tactics that enhance demonstrations.

Materials/Equipment Needed

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