



**ROCKY MOUNTAIN**

## **Title**

Technical Foundations

## **Duration**

1 Day/ 6 CEU's

## **Learning Connection Highlight**

Technical and Teaching Skills

## **Course Description**

This indoor session focuses on the technical aspects of contemporary skiing and the practical application of movement analysis models. Participants will have the opportunity to learn key technical concepts consistent at all levels of skiing, and hone their technical understanding to enhance their movement analysis and teaching skills.

## **Recommended Preparatory Learning or Prerequisites**

- Read the PSIA Alpine Technical Manual

## **Prerequisite Courses and Skills**

- Level 1 Certification

## **Learning Outcomes**

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

- Identify key technical concepts that create the foundation of content for intermediate and advanced/expert ski lessons.
- Apply key technical concepts in movement analysis of skiers.

## **Learning Experiences**

- Engage with Technical Foundations presentation through discussion, questions, and/or experimentation.

## **Materials/Equipment Needed**

- Technical Foundations PowerPoint presentation
- A room with AV connections for large screen viewing and whiteboard
- Additional props/handouts to enhance learning