



PSIA – Rocky Mountain Division – AASI

ADAPTIVE ALPINE ROCKY MOUNTAIN TRAINER DEVELOPMENT LOG



Revision 10-16-13

Name: _____

This development log is a tool for you to expand your skiing, teaching and technical skills in preparation for your Adaptive Alpine Rocky Mountain Trainer exam. As you are preparing for your exam, include comments and notes that you find beneficial. You can either type your notes directly into this document or print the document and write in your notes. If you choose to type your notes, be sure to save the document and print it out.

*At the time of your on-hill exam, you will be required to turn in the development log for your examiner's review. It will be returned to you after the exam so that you can use it as an ongoing resource. **The outcome of your Adaptive Alpine Rocky Mountain Trainer Exam does not depend on how much you write on this log.***

Note: The Americans with Disabilities Act (ADA) requires that testing entities such as PSIA-RM-AASI make "reasonable accommodations" for qualified candidates with disabilities (whether physical or cognitive) and to the extent that they would not "fundamentally alter" the services being provided. Members with disabilities who are considering applying for an education course or certification exam must contact PSIA-RM-AASI at [970-879-8335](tel:970-879-8335) at least four weeks in advance of a scheduled course or exam to provide notice of their requested reasonable accommodation and discuss their situations. This allows PSIA-RM-AASI to assess your request for a reasonable accommodation and to plan for reasonable accommodations, if necessary. Requests for accommodations will be considered on a case-by-case basis.

The essential eligibility requirements for each Adaptive Alpine Rocky Mountain Trainer course and exam are presented in the PSIA-RM-AASI Adaptive Alpine Rocky Mountain Exam Material. The standards are national in scope and their maintenance is necessary in the interests of public safety, effectiveness, value for the consumer, and guest/employer expectations.

The ADA does not require reasonable accommodations for a transitory or minor disability. A transitory disability is an impairment with a duration of six months or less, such as one caused by illness or injury. If this applies to you, you may contact the PSIA-RM-AASI office to receive or refund or to transfer to a future clinic or exam.

You may refer to the PSIA-RM-AASI Americans with Disabilities Act (ADA) Policy for further information.

The information in this document is provided only as a guideline. Although every effort has been made in preparing and assembling this guideline, with a goal of providing timely, complete, and accurate information, PSIA-RM-AASI makes no claims, promises, or guarantees about the timeliness, accuracy, completeness, or adequacy of the contents of this guideline, and PSIA-RM-AASI assumes no liability or responsibility and expressly disclaims liability for any errors and omissions in its contents

Local and program regulations and safety guidelines take precedence over this information. It is in your best interest to exercise due diligence in determining the appropriateness of the information for your particular circumstances. In addition, please take into account any and all factors that may affect your lesson. This includes but is not limited to: the health, well-being and fitness of the student; weather conditions; terrain; other people on the slope; your own abilities, as well as those of your student and anyone who may accompany you.

This guideline provides links to other resources as well as websites owned by or maintained on behalf of third parties. The content of any such third-party source or site is not within our control, and we cannot and will not take responsibility for the information in them, nor should any references to them be considered any endorsement by PSIA-RM-AASI.

Adaptive RMT Professional Development	Appropriate Signature	Sign-off Date	Trainer's / Supervisor's Comments and Feedback
<p>Home School Involvement <i>This person is a learning to be a ski school trainer.</i> <i>This person is a role model and mentor at home area.</i> <i>This person contributes positively & is accepted by ski school staff.</i></p>	SS Director		
<p>PSIA-RM Professional Requirements for Rocky Mountain Trainer <i>Attend PSIS-RM-AASI Adaptive Alpine Trainers Development Course.</i> <i>Be certified Adaptive Alpine Level 3 through PSIA-RM-AASI.</i> <i>Be certified Alpine Level 2.</i> <i>Schedule the Rocky Mountain Trainer Exam.</i></p> <p>Highly Suggested Continuing Education Courses <i>Suggested but not required: Take the Alpine Level 3 exam.</i> <i>Attend Tech Foundations & Presentations 401.</i> <i>Attend Clinic Leading Skills 401.</i> <i>Attend new Movement Analysis Clinic .</i> <i>Attend Precision Skiing 401 (recommended).</i> <i>Attend additional training as needed.</i></p>	SS Trainer		
<p>Personal observations & notes:</p>			

✓	Presentations of ALL Functional Skiing Maneuvers (listed below is only a sample)	Appropriate Signature	Comments/Notes
<i>Presenting to your peers requires a strong set of functional skiing skills and presentation styles to match learning styles and big personalities. For each item, you must be able to present and perform the maneuver accurately, safely and with ease. You must also be able to present why each maneuver is important for adaptive ski instruction and identify the skill blend and movement pools being used for the maneuver.</i>			
	Pivot Slips		
	Bumps Without Poles		
	Short Radius Turns with Alternating Groups of Braking & Gliding Turns		
	Step Turns (Entry Level vs. Level 3)		
	Other		

✓	Adaptive RMT Demonstrations	Comments/Notes
<p>Practice giving demonstrations and presentations. <i>Your peers expect you as an Adaptive Alpine Rocky Mountain Trainer to provide them with something they don't have: the technical knowledge needed to explain skiing performance. Do you understand the technical aspects of skiing well enough to communicate this knowledge in a demonstration without lecturing? Incorporate different learning styles and teaching styles.</i></p>		
	<p>Entry level maneuvers: Choice:</p>	
	<p>Choice:</p>	

✓	Adaptive RMT Teaching Knowledge	Comments/Notes
<i>Your teaching knowledge allows you to effectively translate your technical knowledge to your clinic group. Are you offering your peers the most positive and informative clinic or skiing experience? Use the teaching cycle to organize your presentations.</i>		
	Present the Responsibility Code and the Smart Style Points. <i>How can you effectively incorporate these into your presentation for new instructors?</i>	
	Create a presentation on the various models for Learning Styles: VAK use it in your presentation so you can summarize by asking did I.....Tell me when I used	
	Create a presentation on snow for Teaching for Transfer. <i>You may want to develop a set of teaching for transfer examples for each discipline. And then ask participants to add to your examples</i>	
	Explain Pacing to a group of instructors. <i>What components of your lesson need to be paced? How can you pace a clinic? Practice different pacing techniques to determine those that are most effective for use in a clinic situation.</i>	
	Personal observations & notes:	

✓	Adaptive RMT Technical Knowledge	Comments/Notes
	<p><i>Your peers expect you as an Adaptive Rocky Mountain Trainer to provide them with something they don't have: the technical knowledge needed to improve their skiing performance. Do you understand the technical aspects of skiing well enough to communicate this knowledge in a clinic?</i></p>	
	<p>Present the PSIA Skills Concept and Movement Pools for New Instructors or Adaptive Volunteers. <i>How do they relate to different situations, terrain, snow conditions and the Stepping Stones concept?</i></p>	
	<p>Create a clinic on Movement Analysis. <i>You can practice on your peers or by watching videos. (YouTube.com and vimeo.com have a number of skiing videos.)</i></p>	
	<p>Create an indoor clinic with electronic presentation materials (such as PowerPoint). The clinic should be for one hour on your topic of choice. Develop flexibility so that you can make the clinic longer or shorter, if needed. Be prepared to present this to your peers and accept feedback.</p>	
	<p>Personal observations & notes:</p>	

✓	Adaptive RMT Disability Awareness	Comments/Notes
	<i>As an Adaptive Rocky Mountain Trainer, you are expected to present the concepts of alpine skiing and be aware of the disabilities that might affect your students. Look at all possibilities for multimedia presentations. On hill off hill</i>	
	Give a presentation on disabilities that might require the use of mono ski equipment/ bi-ski/ or any other adaptive ski equipment or techniques. What are their symptoms? How do they impact body mechanics? Be prepared to teach students with multiple disabilities.	
	Give a presentation on common medicines that might be used by adaptive students and why it is important to know them. Give examples for each class of medications, along with the side effects? Be prepared to discuss in depth how these medicines can impact a student's ability to ski. Give peers a way of remembering.	
	Create a presentation on all of the adaptive equipment. Can you explain differences in the equipment and analyze how they function? Can you present appropriate modifications for different disabilities, including multiple disabilities, for skiers at Levels 1 – 9? Be prepared answer questions from the audience.	
	Personal observations & notes:	