

Movement Analysis Guide

Skis Performance "Effect"

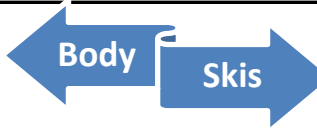
Bend (Pressure)
Fore / Aft
Ski / Ski
Maintenance / Change
Twist (Rotary)
Edge (Edge)

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Body Performance "Cause"

Flexion / Extension (Pressure Control) Movements
Front / Back
Foot / Foot
CM Closer to / Farther from Skis
Turning (Rotary) Movements Rotation, Counter Rotation, Feet & Leg Turning, Outside Force
Tipping (Edging) Movements CM moves laterally relative to base CM does not move laterally

Description "Where, What & How"

Transition / Initiation	Shaping	End / Finish
		

Body to Ski Relationship

Movement Analysis Guide

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Sequential Relationships

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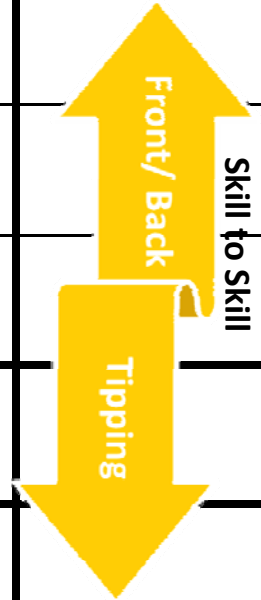
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Skill to Skill Relationships



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Body Performance

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DIRT' - "How"

- Duration** - the length of time something continues or exists
- Intensity** - magnitude, as of energy or a force per unit of area, volume, time, etc.
- Rate** - degree of speed, progress, etc. Pace
- Timing** - the sequential relations that any event has to any other, as past, present, or future

Step 1: Describe the skis performance in a specific location of the turn.

Step 2: Describe the body parts and their specific movements in that specific location of the turn that create the skis performance.

Step 3: Construct Cause & Effect Relationships (4) and describe how they affect skier's balance/stance throughout turn.

Cause & Effect Relationships

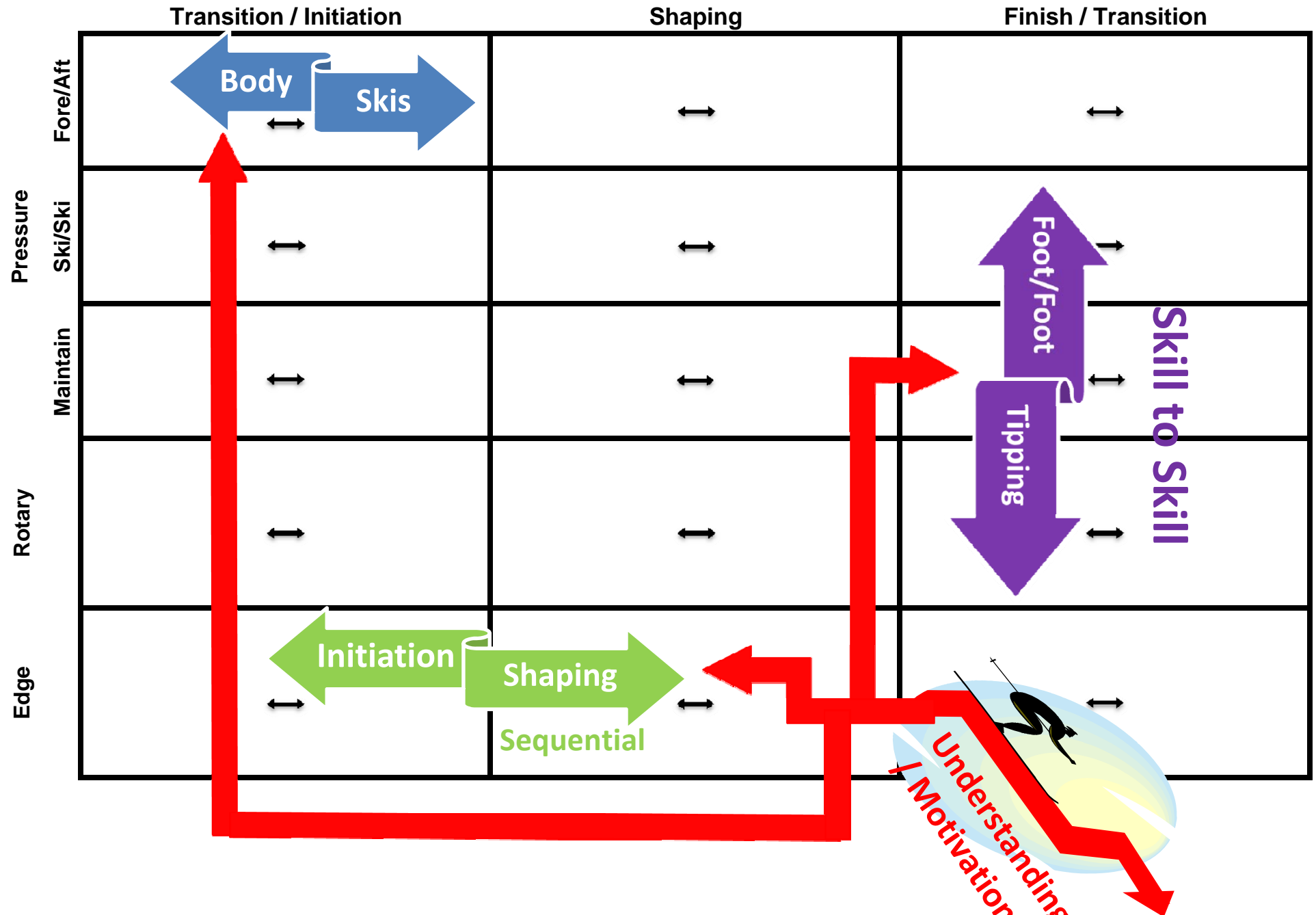
- A. Body to Ski B. Sequential through turn C. Skill to Skill D. Understanding / Motivation to A.B.C.

Understanding & Motivation

Description

Ski Performance ↔ Body Performance

"Where, What & How"



Analyze Relationships between the Description Boxes