



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Adaptive Alpine Teaching, Technical, and Skiing Applications Clinic for Cert 1-2 Describer

Audience: Current PSIA-AASI-Rocky Mountain Members; Prospective Adaptive Alpine Level 1 candidates

Discipline: Adaptive Alpine

Time: 2 Days **Credits:** 12 CEU's.

Setting: This session will take place on groomed green, blue and ungroomed black runs.

Course Description: This 2-day session is geared for PSIA Adaptive level 1-2 candidates working toward their level 1 or 2 certification. Participants will gain a clearer picture of the movements and skills that can be developed to move towards attaining the Adaptive L 1-2 Skiing Standard; Required prerequisite Course: Alpine L1 E-Learning Course – Free.

Prerequisite skills:

- Level 6 or higher skiing: Participants can ski groomed green, blue and ungroomed black runs.
- Participants are familiar with the Skills Concept.
- Participants are familiar with the PSIA-RM Movement Analysis Filter :

Overall Course Objectives :

- Participants will have the opportunity to gain feedback regarding their knowledge and skill development needed for successful participation in Adaptive Level 1-2 exam process.
- Participants will have the opportunity to enlarge their support group of those working towards their adaptive L 1-2 certification.

Personal Skiing Objectives:

- Participants will gain personal ski improvement.
- Participants will develop an understanding of what Skill pools to focus on and exercises that enhance that Skill development.

Movement Analysis: Objectives

- Participants will describe an observed, Skis to Body relationship in 1 Skill Pool in 3 phases of the turn as peers ski through several adaptive Level 1-2 maneuvers.

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- Participants will describe a more-ideal, Skis / Body Performance (1 Skill) through 3 Phases of the turn.

Teaching Objectives:

- Participants will have practice teaching two short beginner to intermediate lessons for a student with a disability.
- The examiner and participant will collaborate on what teaching skill sets need further development.

Sample Activities:

- Use the Adaptive L 1-2 exam tasks to generate feedback for skiing skill expansion.
- Ski a variety of exercises and drills for skill acquisition.
- Work in pairs and small groups to apply the movement analysis filter to skiers.
- Work in small groups to plan lessons to meet the movement needs of skiers with disabilities.
- Work in small groups to apply a process for physical or cognitive assessment to students with disabilities.
- Work in small groups to develop goal/objective statements for various profiles of students with disabilities.
- Review the teaching model and develop lesson plans based on goal statement and adaptive disciplines.
- Explore communication strategies and systems to meet the needs of students with disabilities and their teachers.
- Perform movement analysis and teach in small groups to develop comfort and proficiency.

Materials Needed:

- Alpine ski gear
- Adaptive IDP – Skiing Standards
- Stand-up outriggers - optional
- Helmets recommended but required at VR sites