



# PSIA – Rocky Mountain Division – AASI

## ADAPTIVE ALPINE LEVEL 1 & 2 PROFESSIONAL DEVELOPMENT LOG

### FUNCTIONAL SKIING



Name: \_\_\_\_\_

Revision 07-31-17

*Instructions: This development log is a tool for you to develop your skiing, teaching and technical skills in preparation for your Adaptive exam. As you are preparing for your exam, include comments and notes that you find beneficial, including notes from previous training and clinics. This form is set up so that you may either print it out and fill it in by hand or fill it in electronically and then print it out. Please note that if you fill it in electronically and write more than what is visible on the screen, it will only print what is visible on the screen. There is space at the end to put in additional comments.*

*At the time of your 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. Please note: The outcome of your 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 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 Level 1 & 2 course and exam are presented in the PSIA-RM-AASI Adaptive Alpine Level 1 & 2 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 guest; weather conditions; terrain; other people on the slope; your own abilities, as well as those of your guest 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.*

| ✓  | <b>Adaptive Level 1 &amp; 2 Technical Knowledge</b>  | <b>Comments/Notes</b> |
|--|--|-----------------------|
| <p><i>Your guests expect you 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 to your guests?</i></p> |  |                       |
|  | <p><b>Understand the PSIA Skills Concept and Movement Pools.</b> <i>How are they used in various skiing conditions? How are they used in the adaptive environment?</i></p> |                       |
|  | <p><b>Understand and use Movement Analysis.</b> <i>You can practice on your peers or by watching videos. (YouTube.com and vimeo.com have some skiing videos.)</i></p>      |                       |
|  | <p><b>Understand Cause and Effect relationships.</b> <i>How is this used in movement analysis? Can you use this in your lessons?</i></p>                                   |                       |
|  | <p><b>Identify body-part specific Rotary Movements.</b></p>  |                       |

| ✓  | <b>Adaptive Level 1 &amp; 2 Technical Knowledge (cont.)</b>   | <b>Comments/Notes</b> |
|--|---|-----------------------|
| <p><i>Your guests expect you 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 to your guests?</i></p> |   |                       |
|  | <p><b>Identify body-part specific Pressure Control Movements.</b></p>   |                       |
|  | <p><b>Identify body-part specific Edging Movements.</b></p>   |                       |
|  | <p><b>Understand how skills are blended.</b> <i>How are the skills blended differently for various snow and terrain conditions?</i></p> |                       |
|  | <p><b>Read the <i>Alpine Technical Manual</i>.</b> <i>What new ideas can you incorporate in your lessons?</i></p>                       |                       |

| ✓   | <b>Adaptive Level 1 &amp; 2 Teaching Knowledge</b>  | <b>Comments/Notes</b> |
|---|---|-----------------------|
| <p><i>Your teaching knowledge allows you to effectively translate your technical knowledge to your guests.<br/>Are you offering your guests the most positive and safe skiing experience?</i></p> |   |                       |
|   | <p><b>Learn to recite “Your Responsibility Code.”</b> <i>How can you effectively incorporate this into your lessons?</i></p>  |                       |
|   | <p><b>Learn to recite the Smart Style Points.</b> <i>When do you use this? How can you get your guests to understand these points?</i><br/> <a href="http://www.nsaa.org/nsaa/safety/smart%2Dstyle/">http://www.nsaa.org/nsaa/safety/smart%2Dstyle/</a></p> |                       |
|   | <p><b>Understand the Teaching Cycle.</b> <i>How does this relate to a lesson plan?</i></p>  |                       |
|   | <p><b>Understand the various models for Learning Styles.</b> <i>Which models work best for you? If you typically rely on one model, you may want to explore other models.</i></p>   |                       |
|   | <p><b>Understand Teaching for Transfer.</b> <i>What movement patterns transfer to skiing from some of the most common experiences/sports/activities?</i></p>  |                       |

| ✓   | <b>Adaptive Level 1 &amp; 2 Teaching Knowledge (cont.)</b>   | <b>Comments/Notes</b> |
|---|--|-----------------------|
| <p><i>Your teaching knowledge allows you to effectively translate your technical knowledge to your guests.<br/>Are you offering your guests the most positive and safe skiing experience?</i></p> |  |                       |
|   | <p><b>Understand Lateral Learning.</b> <i>You can practice by creating lesson plans with the lateral learning concept. (Hint: this will help with movement analysis.)</i></p>          |                       |
|   | <p><b>Understand goal setting for guests.</b> <i>Notice that some adaptive guests may not progress as quickly as other guests. Practice setting goals for a variety of guests.</i></p> |                       |
|   | <p><b>Learn to use the Guest Centered Teaching model.</b> <i>You can find the GCT Planning Worksheet in the Adaptive Alpine Exam Material.</i></p>                                     |                       |
|   | <p><b>Read Core Concepts for Snowsports Instructors.</b> <i>What new ideas can you incorporate in your lessons?</i></p>  |                       |

| ✓  | <b>Level 1 &amp; 2 Functional Skiing Performance</b> | <b>Comments/Notes</b> |
|--|--|-----------------------|
| <p><i>You will be tested on each of these functional skiing maneuvers in your Functional Skiing Exam. For each item, you should be able to perform the maneuver, explain how the maneuver is used in adaptive ski instruction and identify the skill pool being used for the maneuver.</i></p> |  |                       |
|  | <b>Sideslip to a Hockey Stop</b>                     |                       |
|  | <b>Falling Leaf</b>                                  |                       |
|  | <b>Traverse to a Diagonal Sideslip</b>               |                       |
|  | <b>Stem or Step Turns</b>                            |                       |
|  | <b>Hourglass Basic Parallel Turns</b>                |                       |

| ✓  | <b>Level 1 &amp; 2 Functional Skiing Performance (cont.)</b>                           | <b>Comments/Notes</b> |
|--|--|-----------------------|
| <p><i>You will be tested on each of these functional skiing maneuvers in your Functional Skiing Exam. For each item, you should be able to perform the maneuver, explain how the maneuver is used in adaptive ski instruction and identify the skill pool being used for the maneuver.</i></p> |  |                       |
|  | <p><b>Variable Terrain &amp; Snow Conditions on a Blue Run</b></p>                     |                       |
|  | <p><b>Synchronized Skiing</b></p>  |                       |
|  | <p><b>Free Skiing</b><br/> <i>(solid open-stance parallel, blue/black terrain)</i></p> |                       |
|  | <p><b>Bumps on Blue Terrain</b></p>  |                       |

| ✓ | Prepare for your Functional Skiing exam   | Comments/Notes |
|---|---|----------------|
|   | <b>Become a PSIA member, if you are not currently a member.</b>   |                |
|   | <b>Be an employee or volunteer of a recognized ski school or adaptive ski program and complete a minimum of ten hours of in-house and on-hill training, actual on-hill adaptive teaching.</b> |                |
|   | <b>Schedule and take the Adaptive Alpine Functional Skiing and Prep Clinic.</b> (Highly encouraged but not mandatory if you have Alpine Level 1 certification.)                               |                |
|   | <b>Register for the Adaptive Alpine Functional Skiing Exam. Bring this completed development log with you to the on-hill exam.</b>  |                |

| Additional Notes                 |
|----------------------------------|
| Empty space for additional notes |