

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Adapted Alpine: Analyze and Apply: MA of Skiers Using Adapted Equipment (2 Hour Online Sessions)

Audience: Current PSIA-AASI-Rocky Mountain Members; Prospective Adaptive Alpine Level 1 and 2 candidates

Discipline: Adaptive Alpine

Time: 2 Hour Session Credits: 2 CEU's/session

Setting: This session will take place virtually

Course description: This interactive clinic serves as a base for any ski or snowboard instructor who wants to hone their skills in movement analysis for skiers using distinct types of adapted equipment. Whether you want to perfect your own skiing/riding or become a more effective coach or instructor, this clinic will help you apply your basic knowledge and understanding of alpine MA to skiers in adaptive alpine disciplines. We'll explore the similarities in movement patterns and outcomes for a variety of adapted skiers and equipment, focus on movement opportunities rather than challenges, delve into body mechanics, review equipment technology, and investigate techniques that support effective movements of skiers with disabilities. Plan to observe, discuss and probe in depth videos of skiers using adapted equipment.

Pre-requisites: Participants must have ownership of the basic movement analysis process prior to attending these MA sessions. Obtain this pre-requisite by successfully attending the Introduction to MA–Alpine (available online for \$20 through PSIA National), or through other PSIA or Resort MA on-line or in-person trainings.

These sessions align with PSIA-RM modules for Adaptive Level 1 & 2 assessments.

You must be present and actively participate to receive two (2) PSIA-AASI credits per session.

Overall Objectives:

- Apply knowledge of stand up skiing to various adapted equipment for effective Movement Analysis.
- Practice verbalizing body movements observed and how they affect the equipment performance
- Identify similarities of movement patterns that apply to all skiers, whether stand up or sit down
- Identify and communicate techniques that support effective movements of skiers with disabilities
- Communicate how and why various equipment is used for a skier, based on its technology

Materials needed:

- Computer
- Access to online platform

Sign up for one or more of the following 2-hour online sessions:

- Monoski/Biski MA Webinar
- 3 Track/4 Track MA Webinar
- Cognitive Diagnoses/Visual Impairment MA Webinar