

GCT™ SKIER ASSESSMENT WORKSHEET

Name

Age

Background

Skiing Experiences

IDENTIFICATION

	Motivational Needs	Understanding Needs	Movement Needs
	<p><i>What does the guest want (expectation) and why do they want it?</i></p>	<p><i>What does the guest know about skiing and what are their learning preferences?</i></p>	<p>FLEXION & EXTENSION MOVEMENTS: * Stance/Balance</p> <p>*Pressure Control</p> <p>TIPPING MOVEMENTS (when and how):</p> <p>TURNING MOVEMENTS (when and how):</p> <p>SKI PERFORMANCE: *Turn shape</p> <p>*Speed control</p>
	<p><i>How will the activities of the lesson be relevant to the guests motivational needs?</i></p>	<p><i>How will you create a new understanding for your guest?</i></p>	<p>Activities which will meet guests Movement Needs:</p> <p><i>How will these new movements help the guest meet their desired outcome?</i></p>

FACILITATION