



# PSIA-Rocky Mountain-AASI



## MA 201 Indoor

**Discipline:** Alpine

**Time:** 1 day **Credit Hours:** 6

**Setting:** Indoors

**Course Description:** This 1 day clinic will introduce participants to the PSIA-RM Movement Analysis Filter and skill level required to successfully attend MA/Technical block of the Level 2 Certification Exam.

### **Recommended Prerequisite Courses:**

- Level 1 Certification
- Technical Foundations

### **Prerequisite skills:** Level 1 MA Requirements

- Participants are familiar with the Skills Concept.
- Participants are familiar with the PSIA-RM Movement Analysis Filter.
- Participants can describe basic Skis Performance 1 skill at a time from a still picture. (parallel, converging/diverging, edged/flat, on-snow/off-snow, etc.)
- Participants can describe basic Body Performance 1 skill at a time from a still picture. (upper/lower body comparisons. leg to leg comparisons, etc)

### **Course Objectives:**

- \* Observe/Describe Skis – Participants will compare/differentiate (DIRT) Ski Performance in One Skill Pool, from one phase to another. Repeat process for other Skills, working through all three phases. (Cognitive)
- \* Observe/Describe Body – Participants will compare/differentiate (DIRT) Body Performance in One Skill Pool from one phase to another. Repeat process for other Skills, working through all three phases. (Cognitive)
- \* Analyze Cause & Effect – Participants will connect specific Skis Performance in 1 skill pool to a specific Body Performance in that same skill pool, 1 phase at a time. (Cognitive)
- \* Prescribe Change – Participants will compare current Skis Performance and corresponding Body Performance in 1 skill pool to a more ideal performance, 1 phase at time. Repeat for each skill. (Cognitive)

### **Sample Activities:**

Note: Participant skills will vary based on experience and preparation. Be sensitive not only to those with less skill, but also to those with more skill. Present and practice all of the level 2 requirements for MA. Allow each of the participants to practice and be challenged.

- \* Assess what participants need to feel supported and to achieve success with the MA Filter and the Exam processes.



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- \* Assess participants' technical understanding and experience.
- \* BRIEFLY review as necessary some of the concepts from Technical Foundations. Focus on application of foundational information for Movement Analysis. (Suggest more in depth understanding is offered through Tech Foundations)
- \* Review of Ski Performance Characteristics (as necessary)
- \* Review of Body Performance Characteristics (as necessary)
- \* Introduction of MA Process as necessary (Skills Concept, Observation, Description, Analysis of Cause and Effect, Prescription for Change)
- \* Introduction of MA Filter (as necessary)
- \* SPEND MAJORITY OF TIME IN APPLICATION/PRACTICE!
- \* Consider starting with IDEAL video footage. Choose a skill pool and 1 phase of turn. Observe video footage, describe Skis Performance - work through each phase.
- \* Choose a skill pool and 1 phase of turn. Observe video footage, describe Body Performance - work through each phase.
- \* Choose a skill pool and 1 phase of turn. Observe video footage, describe Body Performance that causes specific Skis Performance - work through each phase.
- ⑩ Other Suggestions for Analysis of Cause and Effect Relationships: Footage of ski performance - can they guess the body performance?
- ⑩ Footage of body performance - can they guess the ski performance?
- ⑩ Watch one phase of a turn, choosing a single skill, Body/Skis relationship and see if they can guess what that the Body/skis relationship will be in subsequent phases.
- \* Prescribe a change, comparing current skis performance and corresponding Body Performance to a more ideal performance from 1 phase to another of an individual skill. Repeat for each skill.
- \* Use questions from L2 /MA exam process to explore the expected level of understanding and practice both exam formats.
- \* Stay aware of "Brown Trout", "Doe in the Headlights", "Excuse me sir, may I go now, my brain is about to explode" looks - take breaks supplement with caffeine, sugar and humor where necessary.

## Materials Needed:

- \* MA-IDP
- \* MA Filter
- \* L2 Exam Outline
- \* Computer/ Projector/Screen.
- \* MA Workshop DVD with Skiing Footage
- \* Additional Skiing Footage
- \* Lots of Caffeine and various goodies to keep participants awake
- \* Sense of Humor!