



PSIA-Rocky Mountain-AASI



201 On-Snow MA Applications

Discipline: Alpine

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

Setting: On-Snow, and whatever indoor time is needed to support needs of participants

Course Description: A one day, on snow application of skills learned in 201 Indoor MA Workshop.

Recommended Prerequisite Courses:

Technical Foundations

MA 201 Indoor Workshop

Prerequisite skills :

- Participants are familiar with the Skills Concept.
- Participants are familiar with the PSIA-RM Movement Analysis Filter.
- Observe/Describe Skis: Participants can compare/differentiate using DIRT the Skis Performance in one skill pool, from one phase to another and can repeat process for all skills in all phases.
- Observe/Describe Body: can compare/differentiate using DIRT the Body Performance in one skill pool, from one phase to another and can repeat process for all skills in all phases. Participants can describe basic Body Performance 1 skill at a time from a still picture. (upper/lower body comparisons. leg to leg comparisons, etc)
- Analyze Cause & Effect - Participants can connect specific Skis Performance in 1 skill pool to a specific Body Performance in that same skill pool 1 phase at a time.
- Prescribe Change - Participants can 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

Course Objectives:

1. Candidates will describe an observed, Skis to Body relationship in 1 Skill Pool in 1 Phase of the Turn as peers ski through several Level 2 maneuvers. (Cognitive)
2. Candidates will describe a more-ideal, Skis to Body relationship as outlined in the Level 2 Skiing IDP for the first objective. (Cognitive)
3. Candidates will describe how an observed, Skis to Body Performance (1 Skill Pool) in 1 Phase correlates to the S/B Performance (same skill pool) in another Phase of the Turn as peers ski through Level 2 maneuvers. (Cognitive)



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4. Candidates will describe a more-ideal, Skis / Body Performance (1 Skill) through 3 Phases as outlined in the Level 2 IDP for the first objective. (Cognitive)

ACTIVITIES:

Part 1 (Ski - Body in Isolation - 2 hours) :

- Assessment of what participants need to feel **supported** and **successful** with the MA processes at each level.
- Indoor time (maximum 30 minutes) and only if necessary to review and answer questions around IDP-MA, MA Filter and MA-certification processes.
- In large group and using Basic Parallel turns Clinic Leader will demonstrate describing a single skill ski performance and related body performance in one phase of the turn. Repeat several times. Still in large group, participants will repeat above process, with active coaching from clinic leader.
- When participants are displaying ownership and accuracy with the process, break into small groups (2-3), using Basic Parallel turns as platform for describing, focusing on same single skill - ski performance and related body performance, and on one phase of the turn - Clinic leader visiting each group for observation, guidance and feedback.
- Coming back to large group - above process is repeated for same skill, in another phase until all three phases have been described - using same skill.
- Each phase described in large group is then further practiced by participants in small groups with Clinic leader's active coaching, guidance and feedback.
- Choose another skill, and repeat above sequence- working always in one phase, and giving examples first in large group and then moving to smaller groups with Clinic leader guidance.
- Back in large group- Clinic leader will draw Cause and Effect relationships between the ski performance and body performance in each of the above described phases. (Body to Ski) through observing participants performance skiing Basic Parallel turns-
- Using the above described "real" performance in comparison to "ideal" (as found on IDP) - participants (with guidance from Clinic Leader) will suggest a prescription that will bring other skiers closer to ideal ski - body performance relationships.

Part 2 (Skills in Sequence - 2 hours)

- In large group - Observing general public- Clinic leader will demonstrate describing the ski performance of a single skill application through the phases of the turn. Participants will take turns doing the same, with active coaching /feedback from Clinic leader.
- When participants are displaying ownership and accuracy with the process, break into small groups (2-3). Using Basic Parallel turns as platform for describing ski performance of a single skill application through the phases of the turn.
- Back in large group, again observing general public- Clinic leader will demonstrate



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describing the body performance of same single skill application through the phases of the turn. Participants will take turns doing the same, with active coaching/feedback from Clinic leader.

- When participants are displaying ownership and accuracy with the process, again break into small groups (2-3). Using Basic Parallel turns as platform for the body performance of same single skill application through the phases of the turn.
- Back in large group, again observing general public- Clinic leader will demonstrate describing a single skill, ski performance and then body performance through phases of turn - and will then will speak to correlations of ski performance in one skill application from one phase to another. (Skills in Sequence). Participants will take turns doing the same, with active coaching/feedback from Clinic leader.
- When participants are displaying ownership and accuracy with the process, again break into small groups (2-3) describing a single skill, ski performance and then body performance through phases of turn - and will then will speak to correlations of ski performance in one skill application from one phase to another. (Skills in Sequence).
- Back in large group, Participants will share their descriptions and skills in sequence correlations with the large group. The described "real" skills-in-Sequence performance, and comparing to "ideal" (as found on IDP) - Skiers will suggest a prescription that will bring other skiers closer to ideal skills-in-sequence performance relationships (both body and ski).
- If time allows, L2description and Cause/Effect,and prescription processes will be repeated using other tasks of their choice!

MATERIALS:

- MA-IDP
- MA Filter
- L2 and L3 exam processes
- Warm bodies and good snow