

## **MA 201 Draft 2.0**

**Discipline:** Alpine

**Time:** Two 2.5 hr. clinics

**Total Credit Hours:** 6

**Setting:** Zoom calls

**Prerequisite:** L2 certification

### **Course Goal:**

The MA 201 Educational Clinic will focus on identifying and analyzing intermediate level skiing to determine options for the technical content of a lesson. We will develop the ability to analyze ski performance and related body movements (cause-and-effect) and relationships of the alpine fundamentals through all turn phases resulting in an effective prescription for change.

This course is designed for instructors who want to enhance their movement analysis skills with intermediate level lessons and to prepare participants for the Cert 2 MA/Technical Module Assessment.

### **Learning Outcomes:**

### **Course Goals:**

1. By the end of the clinic attendees will be able to:
  - a) Provide a complete analysis of an intermediate skier
  - b) Recognize how a movement analysis that incorporates at least 2 skiing fundamentals, cause and effect relationships, and an understanding of idealized intermediate skiing performances adds value to an intermediate ski lesson.

### **Possible Learning Experiences:**

- Watch video of ideal and real intermediate skiing
- Discuss:
  - Ski performance, body performance and ski/body performance
  - Cause and effect relationships between the skis and the body
    - How ski and body performances stayed the same or changed between all turn phases
  - Prescription(s) for change
  - Compare and contrast the observed skiing performance with a more idealized advanced skiing performance
- Discuss methods for collecting and prioritizing information. List observable actions for each fundamental

- Practice different observations: all aspects of movement analysis or any part
- Discuss different processes (e.g. "1. Observation, 2. Cause and effect, 3. Prescription for change" or in any order. Skis and body, D.I.R.T., whole and parts, tactics and technique, etc.)
- Practice different processes to find one that's effective for each attendee
- Assign practice 'home work' assignments between session one and two
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