



PSIA-Rocky Mountain-AASI



301 MA Indoor Workshop

Discipline: Alpine

Time: 1 day Credit Hours: 6

Setting: Indoors

Course Description: This 1 day clinic will focus on using the PSIA-RM Movement Analysis Filter and developing the skills required to successfully attend MA/Technical block of the Level 3 Certification Exam. Emphasis will be on analyzing skiers, levels 7-9.

Recommended Prerequisite Courses:

- Technical Foundations
- MA 201 Indoor
- MA 201-On Snow
- Boot Balancing & Alignment Clinics.

Prerequisite Skills: Level 2 MA Requirements

- Participants can compare/differentiate ski and body performances in 1 skill pool from 1 phase to another using D.I.R.T. Motion picture description.
- Participants can construct body performance / skis performance Cause and Effect relationships in 1 skill pool, 1 phase at a time.
- Participants can describe more ideal Ski and Body Performances in 1 skill pool, 1 phase to another. (Prescription for Change)

Course Objectives: (to be met by the end of clinic with increasing accuracy)

- Observe/Describe Skis - Participants will compare/differentiate (DIRT) Ski Performance in One Skill Pool, from one phase to another. Work though all phases. Repeat process for other Skills. (Cognitive)
- Observe/Describe Body - Participants will compare/differentiate (DIRT) Body Performance in One Skill Pool from one phase to another. Work though all phases. Repeat process for other Skills. (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. Work through all skills. (Cognitive)



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- Participants will construct a Skill to Skill Relationship by describing how the application of 1 skill (Skis and Body Performance) enhances or diminishes application of another skill, 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. Work though all skills. (Cognitive)
 - Participants will describe how changing application of 1 skill (Ski and Body Performance) enhances or diminishes application of another skill, 1 phase at a time. (Cognitive)
- Participants will prioritize skills in order to develop a clear and relevant prescription. (Cognitive)
- Participants will explore how Motivations and Understandings can influence Movements. (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 3 requirements for MA. Allow each of the participants to practice and be challenged.

1. Assess what participants need to feel supported and to achieve success with the MA Filter and the Exam processes.
2. Assess participants' technical understanding and experience.
 1. Consider opening the clinic by practicing the Level 2 Exam Format.
 2. BRIEFLY review some of the concepts from Technical Foundations and L2 MA processes.
3. Observe/Describe IDEAL Ski & Body performance of One Skill, , and compare/differentiate using DIRT from one phase to another. (point out tendencies to jump to error detection!!!) Spend some time here - there are great skills to be learned when not distracted by blatant errors!
4. Help candidates prioritize skill pools, phases, body and ski mechanics, etc. for cleaner presentations. The goal is to talk about a few boxes in the MA Filter, not all of them. Observe a cert 3 task / maneuver - (RR tracks, Pivot slips, Ungroomed, Bumps) Spend time with Skill to Skill Cause & Effect Relationships: Observe footage - describing Skis & Body Performances through the phases for at least two skills - how do they correlate? How does the current application of one skill enhance or diminish the use of another skill?
5. Repeat until all skills (Body & Skis, in all phases) are analyzed.
6. How can this be playful, fun, interactive and productive - vs. just plain dry, data, classroom learning? What are some other fun ways to practice MA skills - does it have to be skiing footage?



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7. Bring up/warn group of tendencies to compare one skill in one phase to another skill in another phase without filling in the blanks. If they do this it may be difficult for their audience to follow.
 1. 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.
 2. Prescribe a change in 1 skill pool and describe how this will enhance or diminish another skill pool.
 1. Prescribe changes in ski and body performance, how it will affect/correlate with other skill sets and move skier closer to ideal performances.
 2. How might Understanding and Motivational factors influence Cause & Effect relationships and prescription?
- 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:

- MA-IDP
- MA Filter
- L3 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!