PSIA-Rocky Mountain-AASI
401 – Technical Foundations & Movement Analysis

Discipline: Alpine

Time: 2 day

Setting: Indoors

Course Description:
Designed for Rocky Mountain Trainer Selection candidates and area resort trainers, this indoor clinic offers advanced technical skills training and a look at the RM resource materials for developing instructors. It will explore the development of technical knowledge and its application to movement analysis as well as developing technical knowledge in entry-level instructors. The course offers insight on presenting concepts contained in the PSIA-RM Technical Foundations and Movement Analysis Clinics.

Be prepared to present technical concepts and analyze peer level skiing as well as present ideas for training entry-level instructors in Movement Analysis. Candidates will receive feedback on their performance levels and ideas for development.

Recommended Prerequisite Courses:

Current L3 Certification
301 Technical Foundations
301 Movement Analyses

Prerequisite skills:

- Solid Technical Understanding
- Mastery of the PSIA-RM Movement Analysis Model

Course Objectives: By the end of the 2 days:

- Through review, discussion and presentation of material from Technical Foundations presentation, participants will create specific leveled training segments to develop instructors' technical understanding. (Cognitive)
- Participants will demonstrate their basic familiarity with the RM Technical Foundations power point by using it to support short presentations. (Cognitive)
- Participants will practice MA using the 3 levels of RM power point presentation. (Cognitive)
- Participants will demonstrate their understanding of the components of RM Movement Analysis and how they build on each other by conducting short clinics appropriate for L1, 2, & 3 candidates. (Cognitive)

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Sample Activities:

Day 1 – Technical Foundations

- Intro – Have each participant introduce themselves to the group.
  What will have happened in the next 2 days that will make this an outstanding experience?
  Have them write this down. Hand in or post on wall.
- Outline the next 2 days – connect activities to some of participants needs.
- Look at the different sections of the Tech Foundations presentation.
  - Physics – Basic Mechanics for Snowsports
  - Anatomy and Biomechanics
  - Equipment
  - Fundamental Skills and Movements

  Ask participants where they feel most knowledgeable? Where would they like to explore more?
- Ask the participants if they were training entry-level instructors, in what order would they put the sections? Explain the order that you use.
- Spend the day exploring the TF presentation. Bring the topics alive, make them practical to skiing and give participants activities to copy as they begin to train the material.
- At the end of the day, split up into small groups and assign a topic to each. Have each group lead the rest in an activity that provides a concrete example of the topic.

Day 2 – Movement Analysis

- Clarify questions from yesterday.
- Outline the day and tie the Technical Foundations into Movement Analysis
- Start to look at the different sections of the Movement Analysis presentation.
  - Movement Analysis Model – Observe, Describe, Analyze, Prescribe
  - Skills Concept → Skis & Body Performance Relationships, 1 skill at a time
  - Quantifying Motion – Phases of the turn & D.I.R.T.
  - Skill to Skill Relationships
  - Leveled Practice Sessions – More Ideal / Less Ideal
- Review Requirements for each Certification Level
- Not the only way to develop instructors, but the way that RM has chosen (Clarity)
- Practice each level building to next (perform at group level, discuss training levels)
  - Break up into small groups 2-3. Assign each group a skill and phase to observe.
  - Watch skiing video (have group choose, watch again for each section)
  - Present skis performance, 1 phase (discuss level of detail for different cert. audience)
  - Present body performance that creates skis performance, same phase (discuss level of detail)
  - Have groups come up with a task that a level 1 skier could perform that would highlight the skill / phase in isolation and a level 1 instructor could observe.
  - Have each group choose 1 quantifier (DIRT) compare same skill (skis →body) phase to phase.
  - Have each group choose another skill and present about relationship of secondary skill to primary. (Skis / Body)
  - Is there a relationship between 2 skills that is more technically significant?
    What are those 2 skills? (Prioritize)

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- Build to RMT selection process and practice
  - Prioritize a primary and secondary skill pool to Analyze that is technically significant.
  - Compare / Differentiate Skis & Body Performances for primary skill through all turn phases using D.I.R.T.
  - Describe Cause / Effect Relationship of secondary skill to primary skill, 1 phase to another.
  - Compare current to more ideal Skis & Body Performances for the chosen skills.
  - Demonstrate Level 2 MA format for same skier using primary skill. (1 Skill, Skis & Body Performance Relationship, using D.I.R.T., 1 phase to another)
  - Demonstrate Level 1 MA format for same skier using primary skill. (1 Skill, Skis & Body Performance Relationship, in isolation)

Materials Needed:

* PSIA-RM Technical Foundations DVD
* Props to make theoretical more concrete
* PSIA-RM Movement Analysis DVD
* IDP – MA, Skiing and Teaching