



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Alpine Certification Update Clinic

Course Description: This course is designed to update Level 2 and 3 Certified members of the current requirements for professional certification and to offer personal feedback for continued professional development. Throughout the two days, participants will receive feedback on their performance relative to the current level 2 or 3 certification standard. This course is updated annually to reflect current National Standards as well as PSIA-RM certification content. This course, or an authorized substitute, must be taken once every four years to maintain current certification.

Discipline: Alpine

Duration: 2 Days

Prerequisite skills: Current certified Level 2 or 3

Learning Outcomes

By the end of the 2-day session participants will:

- Verbally share how they feel supported and motivated to continue to improve beyond the scope of the clinic. (Affective)
- Verbally share areas of growth and ideas for continued professional development in their demonstration of tasks and movement analysis at their current certification level. (Cognitive)
- Verbally share their understanding of where to find reference materials for continued investigation of fundamentals and other technical learning concepts. (Cognitive)
- Articulate the 5 fundamentals as outlined in the National Standards relative to their own and peer performance. (Cognitive)

Learning Activities:

- Introduce outline, objective and purpose for the course. THANK participants for participating in this professional growth opportunity. ASK participants to prioritize learning objectives.
- Ski, warm up and build rapport and begin to identify specific professional goals for each participant (1.5 hours)
- Introduce/cover the fundamentals and relate to personal skiing, ideas for terrain and intent, and relate to the Skills Concept.
- Inside –
 - Introduce and guide through National Alpine Certification Standards and new Alpine Technical and Core Concepts Manuals
 - Introduce and explore PSIA-RM IDP's as tools for applicable development (emphasizing these as 'development' tools, not just assessment tools)
 - Introduce and guide through National Task Matrix as resource for understanding IDP tasks.

- Highlight the increased level of technical clarity in the Skills Concept and background sciences (Biomechanics and Physics)
- Ski Through at least two tasks from each section (Highlighted, Basic Blended, Application) of the PSIA-RM Skiing IDP.
 - Choose a variety of tasks that highlight and develop fundamentals at appropriate levels that are terrain appropriate and intriguing to the participants. GREAT place to ask for input!
 - Great way to develop fundamentals and illustrate differences in Certification levels through exploration of task chains connecting fundamentals from L1 – L3 by varying Speed, Environment and Accuracy (via National Standards)
 - Ski through blended tasks to exemplify how fundamentals/skills blend and adapt to changing situations, as well as establish some fundamentals patterning which will help with progression into Application Skiing.
 - Offer level specific feedback and exemplify MA model at appropriate levels, and in a simple and positive manner
 - Alter tasks to challenge the group/individuals and engage in discussion about which aspect of the fundamentals/skill blend is most challenging
 - Challenge participants to select tasks from the IDP that will be most challenging based on level and awareness created through feedback
- Cover analysis model
 - Discuss history and purpose of its development of MA Processes and MA Filter
 - Encourage participants to relate personal skiing feedback to the MA model
 - Set up practice opportunities with public or with peers.

Assessment Activities:

Participants will receive feedback on their ability to:

- accurately demonstrate the fundamentals to their current level of certification. They will do this in at least two tasks from each section (Highlighted, Basic Blended, Application) of the PSIA-RM Skiing IDP. **(Psychomotor)**
- analyze skiing through describing ski/body performance, cause & effect relationships, and prescribing changes relative to a more ideal performance. **(Cognitive)**

Clinic Leader Materials Needed:

- PSIA National Alpine Certification Standards
- PSIA-RM IDP's
- Alpine Technical Manual, Core Concepts Manual, Movement Matrix