



PSIA-Rocky Mountain-AASI



Extreme Mountain Performance

Discipline: Alpine

Time: 2 Days Credit hours: 12

Course Description: Explore the technical and tactical aspects of skiing steep and steep off-piste terrain and all types of snow conditions for PSIA level II certified and above. While developing optimal ski and body performance in extreme terrain, and achieving efficiency in all terrain and all snow conditions. Participants will gain greater understanding of cause and effect relationships and improved ability to give accurate feedback at high skiing levels. This course builds on foundations from the course 'All Mountain Performance'

Recommended Prerequisite:

- All Mountain Performance
- Level 2 Certification

Prerequisite skills: Level II Certified, Parallel Skiing In Double Black Terrain

Course Objectives:

- Improve body performance that heightens athleticism and ski performance on steep and extreme terrain. **(Psychomotor)**
- Participants will blend movements to maximize ski performance in extreme mountain terrain. **(Psychomotor)**
- While receiving positive coaching and watching positive coaching, participants will develop deeper understandings of ski and body performance. **(Cognitive)**
- Share understandings with fellow participants and give feedback relating to tactics, body performance and ski performance. **(Cognitive)**
- Gain understandings of cause and effect relationships, from simple to complex, to better connect with fellow pros and guests. **(Affective)**

Sample Activities:

- Warm up utilizing techniques used in skiing extreme terrain on increasingly difficult slopes in-bounds.
- Discuss safety procedures for skiing extreme terrain.
- Practice group procedures and class handling prior to adventuring in extreme terrain. (Buddy system, going one-at a time, checking conditions, etc.)
- Provide experience based on readiness and level of skill in group.
- Monitor performance and energy levels throughout the day.



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- Provide feedback on performance and offer tips for improvement specific to ski and body as needed.

Materials Needed:

- Roster
- Helmet recommended.