



History of Skiing

Discipline: Alpine

Time: 2 Days Credit Hours: 12

Setting: On snow and indoors as

appropriate

Course Description:

This clinic will explore the interaction of factors that influenced the development of skiing, ski technique and ski instruction. Focusing on the truths of anatomy and physics as they apply to skiing, participants will identify cause and effect relationships from historical ski techniques and how these relate to teaching. Learn and share ideas about how to pace your lessons while addressing movement, psychological and equipment needs when making various historical movement patterns more contemporary.

Recommended Prerequisites: Level 1 Certification

Prerequisite skills:

- Participants can safely ski blue terrain while maintaining a parallel relationship.
- Participants have an understanding of skills concept.
- Participants have an understanding of fundamental movements.

Course Objectives:

- Participants will gain/increase understanding of historical skiing and teaching systems. **(Cognitive)**
- Participants will learn how to accurately perform tasks and demonstrate relevant movement patterns from various past national teaching systems. **(Psychomotor)**
- Participants will develop understanding of why these techniques were employed and their relevance to modern skiing. **(Cognitive)**
- Participants will strengthen their ability to identify movement patterns that employ these techniques and learn effective ways to coach them to contemporary skiing. **(Cognitive)**

Sample Activities:

- Ski through “final forms” and compare to ATS (skill based system)
- Compare past equipment and snow condition limitations to modern equipment and snow conditions (preparation techniques) to show why certain movements were necessary
- Identify examples of “historical” movement patterns on-snow. Compare to contemporary movements. Create lesson plans to modernize
- Indoor discussion of the evolution of PSIA-RM, PSIA, ISIA