



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

History of Skiing

Duration: 2 Days (12 CEUs)

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:

- Safely ski blue terrain while maintaining a parallel relationship.
- Have an understanding of the skills concept.
- Have an understanding of Alpine Fundamentals.

Learning Outcomes:

By the end of this clinic, successful participants will be able to:

- Describe historical skiing and teaching systems.
- Demonstrate tasks and relevant movement patterns from various past national teaching systems.
- Describe why these historical techniques were employed and their relevance to modern skiing.
- Identify movement patterns that employ these techniques and effective ways to coach them to contemporary skiing.

Potential Learning Experiences:

- 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