



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

MA 201 Indoor

Duration: Two 2.5 hr. clinics (6 CEUs)

Setting: Zoom calls and in person

Course Description:

This course is designed for instructors who want to enhance their movement analysis skills with intermediate level lessons in a performance-focused environment and to prepare for the Cert 2 MA/Technical Module Assessment. We will develop the ability to describe, evaluate and prescribe specific changes relative to desired outcomes of intermediate level skiers, analyze ski performance and related body movements (cause and affect).

Prerequisite: L1 certification

Learning Outcomes:

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

- Describe cause and effect relationships between the body and ski performance of the technical fundamentals through all turn phases, resulting in an effect prescription for change for skier through the intermediate zone.
- Describe how a movement analysis adds focus, measurable outcomes, and value to an advanced ski lesson.

Possible Learning Experiences:

- Watch video of ideal and real intermediate skiing and discuss:
 - Options for skiing outcomes: turn shape, size, speed and turn transitions relative to various tasks, conditions and terrain in the intermediate zone.
 - Ski performance, body performance, and skill-based ski-snow interactions/outcomes.
 - Cause and effect relationships
 - Prescription(s) for change.
 - Compare and contrast the observed skiing performance with a more ideal intermediate skiing performance.
 - Discuss and explore the impact of DIRT on outcomes.
 - Discuss different processes (e.g. “1. Observation, 2. Cause and effect, 3. Prescription for change” or in any order. Skis and body, D.I.R.T., whole and parts, tactics and technique, etc.) and identify which of these processes may be preferred for each attendee.
- Assign practice ‘home work’ assignments between session one and two. (for online clinic)