



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

MA 301 Indoor

Discipline: Alpine

Time: Two 2.5 hr. clinics **Total Credit Hours:** 6

Setting: Zoom calls **Prerequisite:** L2 certification

Course Goal:

The MA 301 Educational Clinic will focus on identifying and analyzing advanced level skiing to determine options for the technical content of a lesson. We will develop the ability to analyze ski performance and related body movements (cause-and-effect) and relationships of the alpine fundamentals through all turn phases resulting in an effective prescription for change.

This course is designed for instructors who want to enhance their movement analysis skills with advanced level lessons and to prepare participants for the Cert 3 MA/Technical Module Assessment.

Learning Outcomes:

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

- Describe and discuss a complete analysis of an advanced skier
- Describe how a movement analysis that incorporates the skiing fundamentals, cause and effect relationships, and an understanding of idealized advanced skiing performances adds value to an advanced ski lesson

Possible Learning Experiences:

- Watch video of ideal and real advanced skiing
- Discuss:
 - Ski performance, body performance and ski/body performance
 - Cause and effect relationships between the skis and the body
 - How ski and body performances stayed the same or changed between all turn phases
 - Prescription(s) for change
 - Compare and contrast the observed skiing performance with a more idealized advanced skiing performance
- Discuss methods for collecting and prioritizing information. List observable actions for each fundamental and blends of fundamentals
- Practice different observations: all aspects of movement analysis or any part
- Discuss different processes (e.g. “1. Observation, 2. Cause and effect, 3. Prescription for change” or vice versa. Skis and body, whole and parts, tactics and technique, etc.)
- Practice different processes to find one that works for the instructor.
- Assign practice ‘home work’ assignments between session one and two

