

MA 301 Indoor

Duration: Two 2.5 hr. sessions (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 advanced level lessons in a performance-focused environment and to prepare for the Cert 3 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: L2 certification

Learning Outcomes:

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

- Describe cause and effect relationships of all the technical fundamentals, through all turn phases, resulting in an effective prescription for change for skiers through the advanced 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 advanced skiing and discuss:
 - Overall skiing outcomes: turn shape, size, speed and turn transitions relative to various tasks, conditions and terrain through the advanced skiing 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 advanced skiing performance
 - Discuss and explore how to apply and adjust DIRT to fundamentals relative to a variety of desired outcomes.
- 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 vice versa. Skis and body, whole and parts, tactics and technique, etc.) and which is more preferred for each participant.
- Assign practice “homework” assignments between session one and two (online courses)