



ROCKY MOUNTAIN

Title

Movement Analysis 201 On-Snow

Duration

1 Day/ 6 CEU's

Learning Connection Highlight

Technical Skills

Course Description

This on-snow course is for Level 1 Certified instructors pursuing their Alpine Level 2 Certification. It's designed to help you train for the Alpine Cert 2 Movement Analysis and Technical Understanding Assessment. This course will provide guided, real-time practice in preparation for the assessment. Prepare to analyze skiing of your peers, have your skiing performance analyzed by peers, and compare your skiing performance with the desired performance. Expect to ski groomed and ungroomed green and blue trails while skiing tasks in the intermediate zone.

Recommended Preparatory Learning or Prerequisites

- Technical Foundations
- Precision Skiing 201, 202, and/or 203
- Movement Analysis 201 Online

Prerequisite Courses and Skills

- Level 1 Certification
- Safely ski all green and blue trails (groomed and ungroomed)

Learning Outcomes

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

- Analyze the skiing performance of their peers skiing a prescribed intermediate-level ski task. Analyses will cover multiple skiing fundamentals.
- Compare their skiing performance to the desired performance in the intermediate zone. Comparisons will cover multiple skiing fundamentals.

Learning Experiences

The skiing tasks used for movement analysis and technical understanding practice sessions should be from the PSIA-RM Skiing IDP Level 2 Integrated and/or Versatility Assessment Activities.



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- Observe the clinic leader analyzing skiing performance of participants.
- Clinic Leader provides guided practice for participants analyzing skiing performance of a peer performing a predetermined intermediate-level skiing task from the IDP.
- Clinic leader provides guided practice for participants comparing their skiing performance of a predetermined intermediate-level skiing task with the desired performance.
- Discussions, reflections of analyses, and exploration of technical topics as needed.

Materials/Equipment Needed

- PSIA-RM Skiing IDP (Level 2 Integrated and Versatility Assessment Activities)
- Alpine Performance Guide (Level 2 Movement Analysis and Technical Understanding)
- Level 2 Movement Analysis and Technical Understanding Assessment Form
- Recommended Equipment Considerations
 - Tuned skies narrower than 98 mm underfoot
 - Alpine Ski Boots (Alpine Touring Boots are not recommended)