



ROCKY MOUNTAIN

Title

Movement Analysis 301 Online

Duration

Two, 2.5-hour clinics/ 6 CEU's

Learning Connection Highlight

Technical Skills

Course Description

This online course is for Level 2 Certified instructors pursuing their Alpine Level 3 Certification. It's designed to help you train for the Alpine Cert 3 Movement Analysis and Technical Understanding Assessment. This course focuses on learning to observe, describe, evaluate, and prescribe specific changes relative to the desired outcomes of advanced and expert level skiers. Discussions will include how the skiing fundamentals influence each other in different advanced/expert level skiing situations. The course is broken up into two online sessions, each one lasting 2.5 hours. You will need a computer with internet access to attend this clinic via Zoom.

Recommended Preparatory Learning or Prerequisites

- Technical Foundations
- Precision Skiing 301, 302, and/or 303
- Movement Analysis 301 On-Snow

Prerequisite Courses and Skills

- Level 2 Certification Familiarity using Zoom video calls
- Ability to identify and distinguish between the 5 Skiing Fundamentals
- Ability to identify and distinguish between the 3 Skiing Skills (Edge Control, Rotary Control, and Pressure Control)

Learning Outcomes

By the end of this clinic, successful participants will be able to do the following with any skiing fundamental in all turn phases for advanced/expert skiers:

- Observe body and ski performances that relate to the same skiing fundamentals
- Communicate observed body and ski performances.
- Relate how observed body and ski performances related to multiple skiing fundamentals affect each other in a "cause and effect" relationship.
- Compare observed performances with desired performances.



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Learning Experiences

- Watch videos of expert demonstrators skiing dynamic performance turns, performance mogul skiing, and/or variable terrain and conditions on expert terrain. Group discussions led by the clinic leader includes:
 - How the skier uses turn shape to control speed and maintain momentum
 - How the skier uses each of the skiing fundamentals to achieve the desired performance. Include how body and ski performances relate to each other.
 - How the multiple skiing fundamentals are incorporated and skiing skills are blended to achieve the desired performance
- Watch videos of advanced/expert skiers as examples of potential ski school students. Group discussions led by clinic leader includes:
 - Observed differences in speed, turn shape, and momentum compared to the videos of expert demonstrators
 - Observed application of skiing fundamentals including body and ski performances. Relate body and ski performances in “cause and effect” relationships.
 - How skiing fundamentals are coordinated to create observed performances
 - Incorporating duration, intensity, rate, and timing of ski and body performances to enhance descriptions
- Discuss prescriptions for change for the sample skiers. Relate changes in body and ski performances incorporating multiple skiing fundamentals to achieve more effective skiing.
- Discuss tactics for optimizing performance in assessments. Topics include:
 - Starting with the ski performance or body performance
 - Starting with the big picture or the details
 - Starting with multiple fundamentals or singular fundamentals
 - Starting with the prescription for change or the description of observed skiing

Materials/Equipment Needed

- Computer with internet access
- Video of expert demonstrators skiing Dynamic Parallel Turns, Performance Short Turns, Performance Bumps, and/ Variable Conditions/ Terrain. Having multiple skiers is ideal to enhance participants’ technical understanding. (Videos can be found on the Matrix or other online sources).



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- Video of advanced/expert skiers who are examples of potential ski school students to analyze movements. Prepare ahead of time to find suitable video online. (e.g. Rob Crawford's YouTube channel has several great examples.)
- Alpine Performance Guide (Level 2 Movement Analysis and Technical Understanding)
- Level 2 Movement Analysis and Technical Understanding Assessment Form
- PSIA Alpine Technical Manual for reference of terms and concepts