



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

## Performance Bumps Clinic

**Duration:** 2 days (12 CEU's)

**Course Description:** Improve technique and tactics for skiing bumps and explore strategies for teaching students

**Recommended Prerequisite Courses:** Tip it and Rip it, Front Side/Back Side

**Prerequisite Skills:** The ability to ski a series of short turns with consistent speed and turn shape on advanced terrain. The ability to vary the size and shape of short turns on advanced terrain.

### Learning Outcomes:

- Ski intermediate and intermediate and advanced terrain bumps with flow and in control
- Identify different lines through intermediate and advanced bumps
- Explore different strategies for teaching students
- Engage students in their learning process
- Guide student reflection on personal performance

### Learning Experiences:

- On groomed terrain, collaborate with students to identify technical elements of short radius turns that are necessary for skiing bumps successfully
- Throughout the course, apply these technical elements in progressively more challenging bumps
- Explore D.I.R.T. of skills for different tactics (skiing over, against, and around bumps)
- Share different strategies for teaching students who lose control, lack ski/snow contact, are fearful or overly aggressive, keep falling, etc.
- Collaborate with and guide participants to improve personal performance

### Topics for Discussion:

- How did learning activities promote exploration, experimentation, and play toward desired outcomes?
- How was the learning environment changed to align with the changing needs of individuals?
- Was relevant information provided at a rate that engaged participants (two-way communication) in their learning process?
- Were individual concerns of emotional and physical risk managed?