



PSIA-Rocky Mountain-AASI



Precision Skiing 201

Discipline: Alpine

Time: 1-day **Credit Hours:** 6

Setting: This session will take place on groomed green, blue and ungroomed black runs.

Course Description: This 1-day session is geared for PSIA level 1 instructors who are working towards their level two certification or those wishing to improve their personal skiing skills using the L2 exam tasks. Participants will gain a clearer picture of the movements and skills that can be developed to move towards attaining the L2 Skiing Standard.

Recommended Prerequisite Courses: Must be L1 certified, Technical Foundations

Prerequisite skills:

- Participants can ski groomed green, blue and ungroomed black runs.
- Participants have a desire to enhance their skill development.
- Participants have attained their L1 certification.

Course Objectives:

- Participants will gain personal ski improvement. **(Psychomotor)**
- Participants will develop an understanding of what Skill pools to focus on and exercises that enhance that Skill development. **(Cognitive)**
- Participants will have the opportunity to enlarge their support group of those working towards their L2 certification. **(Affective)**

Sample Activities:

1. Using the L2 exam tasks to generate feedback for improvement.
2. Ski a variety of exercises and drills for skill acquisition.
3. Engage in dialogue topics presented.

Materials Needed:

- Appropriate Snowsports gear
- IDP – Skiing Standards
- Helmets recommended