



PSIA-Rocky Mountain-AASI



Precision Skiing 301

Discipline: Alpine

Time: 1 Day Credit Hours: 6

Setting: On Snow

Course Description: This one-day on-snow session is optional, (but highly recommended), for anyone seeking Alpine Level 3 Certification. Explore movements that exist in high level contemporary skiing and anchor learning as personal skiing is improved. Practice many of the required maneuvers for Level 3 Certification and create a deeper understanding and ability to demonstrate skill(s) blending. Participants should plan on skiing all available terrain on the mountain while focusing on optimum body and ski performances.

Recommended Prerequisite Courses: Level 2 Cert

Prerequisite skills:

- Level 2 Cert
- Participants can safely ski all terrain on the mountain
- Participants have a good understanding of the level 3 skiing maneuvers

Course Objectives:

- Participants will ski a variety of maneuvers highlighting different skills and skill blends. **(Psychomotor)**
- While skiing maneuvers, participants will look at different turn phases and movements while gaining better ability to describe what is happening in each turn phase. **(Cognitive)**
- Participants will gain more technical accuracy throughout the day in both understandings and movements. **(Psychomotor)**
- Participants will develop understanding about simple to complex skill development while practicing maneuvers. **(Cognitive)**

Sample Activities:

- Ski exam maneuvers for Alpine Level III exam with feedback.
- Participants will at times be asked to either demonstrate skills blend or may be given the opportunity to give feedback to fellow participants to practice describing simple to complex skill development.
- Explore a variety of Durations, Intensities, Rates, and Timing of body movements and ski performances.



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Materials Needed:

- Level 3 skiing IDP
- Level3 exam outline
- Roster
- Helmet recommended