



# ***PSIA-Rocky Mountain-AASI***



## **Precision Skiing 201**

**Duration:** 1 day (6 CEUs)

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

**Course Description:** Participants ski a variety of Level 2 tasks, variations and task chains to explore how to highlight, integrate and vary the Alpine Fundamentals to improve personal skiing and understand exam scenarios. Geared for current Level 1 instructors working toward Level 2 or those looking to improve their skiing using exam tasks in a performance-focused environment. Participants work with clinic leaders and each other to get/provide feedback and prepare for the Level 2 exam.

**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 their L1 certification.

### **Learning Outcomes:**

By the end of the day, successful participants will:

- Demonstrate improved personal ski performance and understanding.
- Relate and connect personal ski development take aways to specific home-area teaching scenarios.
- Share with the group an understanding of their path to Level 2 and personal development.

### **Potential Learning Experiences:**

- Highlight, integrate and vary the fundamentals in a full range of Level 2 assessment conditions.
- Discuss and practice tactics for exam success.
- Collaborate with peers and clinic leader to build a supportive and dynamic environment.
- Relate tasks/variations to personal ski improvement and real-world teaching scenarios.

### **Materials Needed:**

- IDP – Skiing Standards, Alpine Performance Guide, L2 Skiing Assessment Form