



PSIA-Rocky Mountain-AASI



Precision Skiing 301

Duration: 1 day (6 CEUs)

Setting: Takes place on all terrain suitable to a Level 3 exam, including groomed and ungroomed black and double-black terrain.

Course Description: Participants ski a variety of Level 3 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 2 instructors working toward Level 3 or those looking to improve their skiing using exam tasks in a performance-focused environment. Participants work with clinic leaders and each other to share feedback and prepare for the Level 3 exam while highlighting/blending fundamentals and exploring tactical applications.

Recommended Prerequisite Courses: Must be L2 certified

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.
- Participants have a desire to enhance their skill development.

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 3 and personal development.
- Gain more technical accuracy and understanding of movements, mechanics and tactics.

Potential Learning Experiences:

- Highlight, integrate and vary the fundamentals in a full range of Level 3 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, L3 Skiing Assessment Form

