



ROCKY MOUNTAIN

Title

Precision Skiing 202 (Individual Fundamentals Assessment Activities)

Duration

1 Day/ 6 CEU's

Learning Connection Highlight

Technical Skills

Course Description

This on-snow course is for Level 1 Certified instructors pursuing their Alpine Level 2 Certification. It's designed to help you train for the Individual Fundamentals Assessment Activities in the Cert 2 Alpine Skiing Assessment. We will train to clarify and develop demonstrations of Individual Fundamental Assessment Activities from the PSIA-RM Skiing IDP. Expect to ski primarily on groomed green and blue terrain suitable to the Level 2 Skiing Assessment. Depending on conditions and learning experiences, the clinic may venture onto ungroomed terrain, including black diamonds.

Recommended Preparatory Learning or Prerequisites

- Precision Skiing 201 and/or 203
- Technical Foundations

Prerequisite Courses and Skills

- Level 1 Certification
- Safely ski green, blue, and black diamond trails.

Learning Outcomes

By the end of this clinic, successful participants will be able to:

- Demonstrate adaptation of skiing fundamentals and intentionally emphasize select skiing skills (without neglecting the others) to demonstrate assessment activities from the Individual Fundamentals Assessment Activities on the Skiing IDP.
- Make tactical choices that support effective demonstrations
- Identify assessment activities to practice for personal skill development

Learning Experiences

- Identify assessment activities from the PSIA-RM Skiing IDP Individual Fundamentals section that require clarification and/or practice.



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- Practice assessment activities from the PSIA-RM Skiing IDP Individual Fundamentals section with variations to enhance performance and understanding.
- Discuss technical topics as needed to clarify intentions.
- Identify tactics that enhance demonstrations.

Materials/Equipment Needed

- PSIA-RM Skiing IDP
- Alpine Performance Guide
- Level 2 Skiing Assessment Form
- Recommended Equipment Considerations
 - Tuned skis narrower than 98 mm underfoot
 - Alpine Ski Boots (Alpine Touring Boots are not recommended)