

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

## **Technical Foundations**

### ***Course Description:***

This one-day **INDOOR** session focuses on the technical aspects of contemporary skiing and the practical application of Movement Analysis models. Participants will have the opportunity to hone their technical understanding through group discussion as well as time spent viewing movement patterns, developing error-detection skills and cause & effect relationships and formulating lesson plans for skiers viewed from video. Emphasis will be on adult and children skiing through Level 7.

### ***Course Outcomes:***

- Utilize Movement Analysis to determine cause and effect relationships in the mechanics of skiers on video.
- Determine movement patterns that enhance or detract skiing performance.
- Develop logical lesson plans that facilitate error correction in students.
- Share experiences and ideas to target lesson activities for a positive change in student mechanics.

### ***Sample Activities:***

- Utilize Bob Barnes' Technical Foundations DVD to guide course content and discussion.
- Organize group to participate in a variety of classroom styles, such as: large room lecture, pairs to develop lesson plans, small group discussion and others.
- Make information come *alive* through interactive participation, fun activities, role playing and other means other than large classroom lecture!
- Have group experience movements (example: rotary, edging or pressure control) by having them stand up and do something active that anchors the concept.
- Check for understanding often and make sure the group is engaged. Indoor presentations are difficult, but making it personal, relevant and most of all *interactive* will enhance the presentation!

### ***Materials Needed:***

- Large room with computer, speakers, LCD and power point capabilities.
- Any handouts to enhance learning
- Bob Barnes' Technical Foundations DVD