



PSIA-RM Development Pathway - Movement Analysis Standards

Fundamental Mechanics relative to the Skills Concept

13 February, 2018

Pressure Control	Fore/Aft : Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
	Ski to Ski: Control pressure from ski to ski and direct pressure toward the outside ski.
	Overall Magnitude: Regulate the magnitude of pressure created through ski/snow interaction.
Rotational Control	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
Edge Control	Control the angle of the ski to the snow through a combination of inclination and angulation.

Fundamental Movement Analysis Skills

Prioritize Technical Content
Analyze Body to Ski Performance Relationships
Differentiate ski / body performance, in 1 skill pool, from 1 phase of the turn to another using D.I.R. or T.
Analyze Skill to Skill Relationships 1 phase at a time.
Compare current to more ideal ski & body performances. (Prescription for Change)

	LEVEL III - Skill to Skill Relationships		RM Trainer
	LEVEL II - Tracking through Turns		
	LEVEL I - Highlighted		
Prioritize	Prioritize 1 skill pool at a time 1 phase at a time before observation.	Prioritizes 2 skill pools before observation Track F/A or Ski/Ski Pressure Control. Track, on basic level, F/A or Ski/Ski Press while Analyzing Rotation or Edging.	Prioritize Skill to Skill relationships to create significant technical conclusions after observation.
			Prioritizes technical content based on audience understanding.

Observation / Description	Single Skill in Highlighted or 1 phase at a time	Differentiate Skis/Body Performance 1 phase to another using 1 quantifier - Duration, Intensity, Rate or Timing	Quantitative Descriptions Skis/Body Performance - Duration, Intensity, Rate, or Timing - 1 Skill compared through all phases	Quantitative Descriptions Skis/Body Performance - Duration, Intensity, Rate, Timing - 1 Skill compared through all phases
	Intro to Ski Performance - Pressure fore/aft & ski to ski - Rotation - Edging	Turn Phases - Initiation, Shaping, Control Skis - Pressure(F/A, S/S), Rotation, Edging Pressure Control Skills - Fore / Aft Movements - Foot / Foot Movements Rotation Skills - Upper Body, Feet/Leg, Counter Rotation, Outside Force Edging Skills - Inclination, Angulation	L2 Ski / Body Skills Elements + Pressure Control Skill - Regulate the magnitude of pressure created through ski/snow interaction	L3 Ski / Body Skills Elements
	Intro to Pressure Control Sk - Fore / Aft Movements - Foot / Foot Movements		Performance Based Descriptions - Relative to a specific task - Real vs. More Ideal	L3 Performance Based Descriptions - Relative to a specific task - Real vs. More Ideal - Understands Relevance to PSIA-RM & Home Area
	Intro to Rotation Skills - Upper or Lower Body? Intro to Edging Skills - Upper or Lower Body?			
Cause / Effect	Body to Skis Performance Relationship - Pressure Control Skills Fore/Aft & Foot / Foot - Rotation Skills - Edging Skills	Body Performance to Skis Performance Relationships - 1 skill & resulting skis performance, 1 phase to another	Body Performance to Ski Performance Relationships - 1 skill & resulting skis performance 1 phase to another	Body Performance to Ski Performance Relationships
			Skill to Skill Relationships	Skill to Skill Relationships
Prescription for Change	More Ideal Body to Skis Performance Relationship Fore/Aft Movements → Ski Pressure Fore/Aft	More Ideal Body to Skis Performance - 1 skill & resulting skis performance, 1 phase to another	More Ideal Skill to Skill, Ski & Body Performance Relationships	Standardized Performance
	Foot/Foot Movements → Pressure from Ski to Ski			
	Rotation Mvts → Ski Rotation			
	Edging Mvts → Edge Angles			
Skier Level	Level 1-4 Skiers	Level 5 - 7 Skiers	Level 8 - 9 Skiers	Level 9 Peer Skiers
	Highlighted Task → Wedge Turns	Basic Parallel Skiers on Blue / Black Groomed / Ungroomed Terrain	On-Snow - L3 candidates skiing (Any Basic Blended Task)	
	Straight-run, traverse, sideslip, linked wedge turns		Video - guests skiing Off-Piste ♦	

1. Level of technical understanding determines sophistication of cause and effect relationships.

2. Type of cause and effect relationships analyzed determines content of observation and description.

Revised 13 Feb. 18