



PSIA-Rocky Mountain-AASI



Level 1 Prep Clinic

Discipline: Alpine

Time: 2 days **Credit Hours:** 12

Setting: On-snow with short indoor sessions

Course Description: This course will give members who are unaffiliated or have not completed new hire training (or similar) 2 days of on snow training to help prepare for the Level 1 certification process. Throughout the two days, participants will receive feedback on their performance relative to the current level 1 certification standard. **All participants will be given a verbal or written development plan by the conclusion of the course.**

Prerequisite skills: Current PSIA Member

Course Objectives: By the end of the 2-day session participants will;

- Articulate the basic format and elements of the Level 1 Exam. (Cognitive)
- Receive feedback on his/her skiing relative to the Level 1 Exam. (Psycho-motor)
- Begin to apply the Skills Concept to understand personal skiing performance. (Cognitive)
- Begin to identify components of Teaching Cycle as they are led through a skiing lesson. (Cognitive)
- Begin to identify body movements in reference to the Skills Concept and verbalize movements in one skill in a 'snap shot' of a level 1 – 4 skier. (Cognitive)
- Be given a development plan (verbally or written) for future growth towards successfully attending a level 1 exam. (Cognitive)
- Feel supported and motivated to improve. (Affective)



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DAY 1:

Suggested Activities:

- Introduce outline, objective and purpose for the course. Briefly outline the format of the Level 1 exam.
- Ski, warm up and build rapport (1 hour)
 - Identify specific goals for each participant.
- Introduce PSIA, overview of organization, what we offer, the certification pathway and continued education for members.
- Introduce Skills Concept
 - Relate Skills Concept to each participant's personal skiing. Utilize green and blue terrain.
 - Relate Skills concept to Level 1-4 skiers. Ski though Level 1 ski tasks a break down elements of tasks as they relate to Skills Concept. Introduce concept of body performance and ski performance.

Suggested Activity/progression

1. Straight runs to highlight Fore/aft
 2. Straight runs/traversing on one ski (side to side)
 3. Wedge turns (rotary)
 4. Uphill arcs (edging)
- What is required at Level 1 exam. Give verbal descriptions (short), demonstrate and allow participants to ski some tasks.

Lunch- Eat with group and answer questions/aid discussions relating to PSIA, working in industry etc.

Introduce Teaching Concepts

- Give broad overview of GCT. (Discussion of best lesson they have had in any sport/activity, what are the traits of great teachers/instructors?)



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- Introduce teaching cycle (participants roleplay each element)
- Teach a first-time progression with 'breaks' to allow participants to identify elements in teaching cycle.
- Introduce basic concepts of learning styles (VAK) and teaching to all styles.
- What is required at Level 1 exam.

End of Day:

- On snow cool down runs/review skills concept (how does it relate to their skiing)

DAY 2:

Suggested Activates:

- Warm up, review day 1 concepts (Skills concept, Teaching cycle)
- Introduce Movement Analysis.
 - What is required at Level 1 exam (1 skill, 1 phase of turn 'snap shot')
 - How does it fit into the Teaching Cycle.
 - Real vs Ideal. Ski performance and body performance.
 - Work through progressions to highlight single skill focus. (Ski Performance / Body Performance)
 - Practice MA watching public or other clinic participants.

Lunch- Eat with group and answer questions/aid discussions relating to PSIA, working in industry etc.

PM Open Session: Clinician to identify most needed area/s to focus for group.

Options/suggested activities:

- **The BIG PICTURE-** Skills concept, Teaching cycle, Movement Analysis and how they all connect together.



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- Ski through variety of Level 1 exam tasks giving feedback referencing Skills concept.
- Practice teaches (individually or in pairs). Can teach segments of Teaching cycle.
- MA practice. Watch general public. Ski though common movement patterns, observe other participants.

Review of exam and individual feedback for areas of growth relating directly to Level 1 performance criteria. Clinician MUST give every participant a verbal or written development plan to help them train towards attending a Level 1 exam.

Clinic Leader Materials Needed:

- National Standards.
- Level 1 IDP and other supporting documents
- Alpine Technical Manual
- Video camera
- **Fun attitude to embrace new members!!!**