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 I - Highlighted	**LEVEL II - Tracking through Turns**	**LEVEL III - Skill to Skill Relationships**	**RM Trainer**
Prioritize	Prioritize 1 skill pool at a time 1 phase at a time before observatiion.	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** **Intro to Ski Performance** *- Pressure fore/aft & ski to ski* *- Rotation* *- Edging* **Intro to Pressure Control Sk** *- Fore / Aft Movements* *- Foot / Foot Movements* **Intro to Rotation Skills** *- Upper or Lower Body?* **Intro to Edging Skills** *- Upper or Lower Body?*	**Differentiate Skis/Body Performance 1 phase to another using 1 quantifier** *- Duration, Intensity, Rate or Timing* **Turn Phases** *- Initiation, Shaping, Finish* **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*	**Quantitative Descriptions Skis/Body Performance** *- Duration, Intensity, Rate, or Timing* *- 1 Skill compared through all phases* **L2 Ski / Body Skills Elements** **+ Pressure Control Skill** *- Regulate the magnitude of pressure created through ski/snow interaction* **Performance Based Descriptions** *- Relative to a specific task* *- Real vs. More Ideal*	**Quantitative Descriptions Skis/Body Performance** *- Duration, Intensity, Rate, Timing* *- 1 Skill compared through all phases* **L3 Ski / Body Skills Elements** **L3 Performance Based Descriptions** *- Relative to a specific task* *- Real vs. More Ideal* *- Understands Relevance to* PSIA-RM & Home Area
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* **Skill to Skill Relationships**	**Body Performance to Ski Performance Relationships** **Skill to Skill Relationships** **Differentiates & trains concepts at each certification level**
Prescription for Change	**More Ideal Body to Skis Performance Relationship** Fore/Aft Movements ➔ Ski Pressure Fore/Aft Foot/Foot Movements ➔ Pressure from Ski to Ski Rotation Mvts ➔ Ski Rotation Edging Mvts ➔ Edge Angles	**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** **Considers Organizational Needs**
Skier Level	**Level 1-4 Skiers** **Highlighted Task ➔ Wedge Turns** Straight-run, traverse, sideslip, linked wedge turns	**Level 5 - 7 Skiers** **Basic Parallel Skiers on Blue / Black Groomed / Ungroomed Terrain**	**Level 8 - 9 Skiers** **On-Snow - L3 candidates skiing** (Any Basic Blended Task) **Video - guests skiing Off-Piste ◆**	**Level 9 Peer Skiers**

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