



Alpine RMT Technical Module Clinic

Course Description: RMT candidates will ski through tasks and practice delivering movement analysis of peer level skiing as well all levels of certification.

Duration: 6 hours on-snow

Prerequisites: An accurate knowledge of the requirements for certification levels 1-3

Learning Outcomes: By the end of this 1-day clinic participants will:

- Accurately convey an understanding of movement analysis of peer level skiing including some or all of:
 - Given the conditions, terrain and skier's physical abilities what tactics would be consistent with a strong, efficient or effective skiing performance?
 - What can be assumed about the skier's intentions relative to the task?
 - What are the noteworthy body-to-ski cause and effect relationships?
 - What are the noteworthy skill-to-skill cause and effect relationships?
 - What changes in body movements will cause a change in ski performance and/or skill to skill relationships to create a stronger skiing performance?
 - Are there noteworthy considerations involving biomechanics, skiing mechanics/physics, ski design/tuning, and/or alignment/boot set-up?
- Perform and analyze movement analysis demonstrations for certification levels L 1-3 including:
 - Identifying the required components for each certification level
 - Differentiating between the certification levels
 - Clearly describing body-to-ski cause and effect relationships in 1 turn phase for Cert 1-3's.
 - Clearly describing body-to-ski cause and effect relationships through at least 2 turn phases for Cert 2-3's.
 - Clearly describing skill-to-skill (body-to-ski) cause and effect relationships for Cert 3's.
 - Prioritizing significant technical information for different audiences' levels of certification, knowledge, and needs.

Learning Activities:

- Have participants ski applied/ mountain skiing as a starting point and continue with various applied and basic blended tasks. Using the learning outcomes,

choose bullet points to promote discussion about participants skiing performances.

- Have participants ski applied/ mountain skiing or basic blended tasks while making specific variations to highlight fundamentals. Use the variations to provide opportunity for commentary on body-to-ski and skill-to-skill relationships.
- Have participants ski basic blended and highlighted tasks. Use these performances to provide opportunity for the demonstration of MA performances that are specific to the L1 & L2 standards. Participants will also analyze MA performances for consistency with the standards. Note: It may be helpful (and fun!) if skiing demonstrations are skied at a level consistent with the cert level being addressed.