



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Movement Analysis Format for XC Level 3 Assessments

XC Level 3 Movement Analysis (MA)

During the XC Level 3 assessment, each candidate will have one opportunity to demonstrate his or her movement analysis skills during a video session.

Indoor Level 3 MA:

The video MA session:

- Is of a skier chosen from the MA video by the Ed Staff
- Is delivered in private, not in front of the group.

The candidate

- Gives his/her MA while watching the video or immediately following.
- Should choose any element in any phases/skills (of the XC technical model grid) which represents the candidate's view of the primary opportunity for student's improvement
- Should focus on being able to describe any element (blocks of the performance triangle) throughout all phases
- Should describe how the movements of the body affect the ski performance in the chosen skill/movement pools.
- Should describe a more efficient movement/skill the candidate would like to see. (Prescribe change)

The process should look something like the following:

In a quiet location the educator(s) will choose a videoed skier to observe. The video will run at regular speed for 1-2 minutes of skiing time and in slow motion if needed. The candidate will have a couple of minutes to write notes, if needed, and then give his or her analysis. The educator(s) may ask questions to clarify the information the candidate offers. If the performance is deemed to be at a Level 3 standard coaching will be kept to a minimum. The process should take about 15 minutes per candidate.