



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

XC Level 1 Assessment Movement Analysis Format

During the XC Level 1 assessment, each candidate will have at least one opportunity to demonstrate his/her movement analysis (MA) skills utilizing video.

Important points about the video MA session

The video MA session

- Is of one 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 focus on describing the elements (blocks of the performance triangle) of body position and a fundamental movement during 1 phase/skill of the XC technical model. (the elements and phase chosen can be determined prior to, during or following the performance and is of the candidate's choosing.)
- Should describe how the movements of the body affect the ski performance in the chosen skill/movement pool. (Determine cause and effect relationships.)
- Should describe a more efficient movement/s 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) will then ask questions to clarify the information the candidate offers and/or to coach the candidate through the process. Each individual session should take about 15 minutes.