

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Movement Analysis Format for XC Level 2 Assessment

XC Level 2 Movement Analysis (MA)

During the XC level 2 assessment, each candidate will have one opportunity to demonstrate his/her movement analysis (MA) skills during a video session.

Important points about the video MA session

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 focus on describing any two elements (blocks of the performance triangle) during any 2 phases of the XC model technical grid.
- 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. (Prescribed change)

The process should look something like the following:

In a quiet location the educator(s) will choose a videoed skier to observe. The 2 elements and 2 phases are of the candidate's choosing and can be determined prior to, during, or following the performance. The video will be 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 ask questions to clarify the information the candidate offers and to coach the candidate through the process. Each individual session should take about 15 minutes.