



# PSIA-Rocky Mountain-AASI



**Discipline/Audience:** Alpine Ed Staff

**Time:** 45 minutes

**Setting:** Indoors

## **Course Description:**

A 45 minute indoor session at the 2013 Fall Training outline the decision to update the Alpine Level II MA exam day.

## **Prerequisite skills:**

- Mastery level of Movement Analysis Skills L1 – L3
- Clear understanding of existing L2 MA processes and required skill sets

## **Course Goals:**

Trainers will return to their home resort with a clear understanding of the revised L2MA processes and standards, and be equipped to enhance and expand the technical knowledge, understanding and application of their L2 Candidates through the new L2MA standards/process. Trainers will also have an understanding of the connections between the revised L2MA standards/process and the overall training theme of the Fitts & Posner Motor Skill Development Model as it enhances skill-development on snow.

## **Course Objectives:**

RM Ed Staff (E1, E2 & E3) will demonstrate their understanding of:

- The operational changes in the 2013-2014 L2 Exam MA format by sharing one characteristic of their L2 MA training program in line with the principles of the L2 MA process.
- Value of using MA to enhance and expand the L2 Candidates' knowledge, understanding and application of Alpine technique using the L2 MA process by sharing an example of how knowledge developed in an indoor clinic may enhance the Cognitive stage of F& P on snow training.

## **Introduction and Background**

Our intention when designing the existing MA exam process was threefold:

1. To train the candidate to isolate and deeply understand the fundamental pieces of MA, and therefore identify and work with the basic building blocks first.
2. To compartmentalize so candidates move to the whole process with a solid understanding of the pieces.
3. To develop accuracy then depth.

In doing so, the candidate may have lost focus of the principle reason he/she's learning these skills: to communicate with guests with technical clarity and simplicity. It is understandable that the candidate (and to some degree the Ed Staff) has become a bit myopic, and it's time to make a shift that broadens the training objectives to include skill to skill relationships through the turn.

Our goal is to adjust the exam process this season without losing clarity. To use a logical progression to teach MA, develop confidence in our audience and increase relevance for our guests.

What are the Principle needs to be conveyed at L2 MA Workshop/201 On Snow MA training?

Organizational:

Connecting L1 MA to L3 MA

Changes in L2 MA Exam process to meet principle needs.

Candidates:

1. One skill in motion as it transitions from one phase to another
2. Can observe/describe PC skills in a skier
3. Linking PC to edging or rotation or visa-versa
4. The level of proficiency expected of the candidates for a passing score (4) in the "Prioritizes Pressure Control as a Component for Analysis" line item as it pertains to analyzing Pressure Control and either Edging or Rotary Movements. What are the distinctions between each score on this item?

### Activities

- o Panel discussion regarding changes to L2 MA Standard and exam process, rationale and history. Q&A

Activity #1:

The Goal: a way you will change one indoor L2 MA training to accommodate changes in the L2 MA exam

- o Break into mixed groups, representing variety of levels and resorts
- o Each group will present one idea for a clinic that fulfills a characteristic of the principles shared in introduction

Activity #2 (time permitting)

- o Develop an MA clinic that links indoor technical learning to on-snow training.

Questions to Group:

1. Will the on-snow session immediately follow the indoor or will there be a delay ? What are benefits and drawbacks to each?
2. Where does Blooms (Cognitive development) leave off and Fitts and Posner (Motor skill development) begin?

### Materials Needed:

L2 MA Exam Process