



# PSIA-Rocky Mountain-AASI Training Motor Skill Learning



**Discipline:** Alpine

**Time:** 2.5 hour sessions offered 4 times over 2 days

**Setting:** MSM / RMT / Resort Trainer Training On-snow

## **Session Description:**

Designed for RM MSM / RMT / Resort Trainers, these sessions will explore Fitts and Posner's Cognitive and Physical Performance associations to structure motor skill development.

Create skiing skill objectives, clear mental images and movement activities to improve individual skiing performance. Practice delivering augmented feedback to build awareness of individual skiing performance compared to an ideal performance. Become more purposeful in coaching athletes to automatic performance so that their attention can be focused more on strategic / tactical elements.

## **Course Objectives:**

By the end of day one, each participant will:

- Verbally differentiate the 3 stages of Fitts and Posner Motor Skill Learning Model and the attention required for each stage. (Cognitive)
- Demonstrate an activity that would help clarify understanding of a specific performance. (Cognitive)  
(create a clear mental image)
- Demonstrate an activity that would help associate a clear mental image with an accurate physical performance. (Psycho-motor)
- Give augmented feedback to another participant that would help strengthen the cognitive and physical performance association. (Augmented feedback uses an individual's internal evaluation to compare personal performance to ideal performance.) (Cognitive)

## **Sample Activities: (Video may be a very useful tool)**

- Warm up skiing short turns varying the performance from basic blended to application.  
(Safety – warm up and be conscious of going across the hill a lot)
- Have group define a specific performance characteristic for an L3 task.  
(e.g. engage the forebody of ski before the fall line in an application short turn)  
(create a clear mental image → F&P cognitive element)
- Have the group watch each other and pick the person that best exemplifies that characteristic.  
(create a clear mental image → F&P cognitive element)
- Have group watch that person, perform the defined characteristic.  
(create a clear mental image → F&P cognitive element)
- Have each person ski the observed characteristic and then describe his/her performance relative to the ideal. How does the performer know how close they are to the ideal?  
(Intrinsic Feedback linking performance to actual result)
- At this point, check the accuracy of the mental image (cognitive element) and the association to an ideal performance. (F&P Associative element)
- Augment the performer's own internal feedback to bring his/her performance closer to the ideal.  
(improve the associative element)
- Modify the task to enhance the performer's intrinsic feedback.  
(e.g. participant finds it difficult to pressure forebody of ski before the fall line. Stork Turns)  
(improve the associative element)
- By the end of the session, have each participant identify and share his/her stage of development relative to a skiing task and the characteristics that they experienced. (Cognitive)

## **Materials:**

PSIA-RM & Fitts & Posner Stages