



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Freestyle Technical Foundations

Duration: 2, 2 hour sessions (6CEU's)

Setting: Online

Course Description:

This online clinic will focus on the mechanics of freestyle and implement a freestyle lens to Movement Analysis. Participants will have the opportunity to hone their technical understanding through group discussion as well as time spent viewing movement patterns. Participants will develop problem solving skills and knowledge of cause & effect relationships, and practice formulating lesson plans for skiers viewed from video. Emphasis will be placed on freestyle riding at beginner and intermediate levels while connecting concepts to all skill levels.

Required Prerequisites courses:

- Discipline Level 1

Prerequisite Skills:

- Interest in Freestyle teaching, or a current Freestyle Instructor

Learning Outcomes:

By the end of this clinic, successful participants will be able to:

- Demonstrate using ATML (Approach, Takeoff, Maneuver, Landing) and SPS (Speed, POP, Spin) in movement analysis.
- Describe Park SMART and how to utilize it during lessons.
- Describe how to use the ATML model to enhance their own performance
- Differentiate between effective vs. efficient movement patterns in Freestyle.

Potential Learning Experiences:

- Discuss the freestyle technical concepts in a large group setting.
- Organize the group into pairs or small groups for additional discussion, collaboration, and practice analyzing freestyle.
- Watch video of freestyle and analyze both ATML and SPS.
- Perform physical activities and watch videos to enhance the discussion of:
 - Relationships between ATML, and SPS (Phase to Phase, skill to skill)
 - Biomechanics of Freestyle and how they relate to the fundamentals
 - Cause and effect relationships in Freestyle
- Discuss tactics that align Park Smart with our needs to demonstrate for our students, watch our students, and use vantage points that add clarity.