



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

201 SERIES CLINICIAN OUTLINES

Movement Analysis 201

Morning

- Hand out and explain the candidate self-assessment feedback form. Explain the importance of writing down notes from the day. It is the candidate's responsibility to own their feedback.
- Review Exam Assessment Form
- On-snow
 - Review the OEP MA Process:
 - Set the Task (looking at terrain, equipment, turn size, shape, and type)
 - OBSERVATION (different ways to watch your students, what to look for)
 - EVALUATION (simple student-centered language, non-judgmental)
 - PRESCRIPTION (How to build a strong cause/effect making the relationship between body, board, and turn/trick outcome and a Motor Learning Cycle Lesson/Action Plan based upon this Cause/Effect and Student Profile)
 - Partner riding going through the reference alignments and observation vantage points
 - Give the participants the formula of Cause/Effect Relationships (Body Movement - Board Performance - Turn/Trick outcome)
 - Demonstrate the new exam MA on-snow format and set up with level 5-7 student-centric tasks. Set observation points and provide candidates opportunities to try.

Afternoon (indoors)

- Review indoor exam process (review Level 2 Overview & Standards)
- Watch videos indoors to illustrate what the exam is evaluating
- With one video, give an example of cause & effect for flex and extension with a board performance. With the same video, give an example of rotation and a board performance.
- With a few more videos, partner up and ask them to break down one thing at a time.
- Work through MA with the group to facilitate understanding of what is expected.
- Discuss Prescription for Change and Exercise for next run, vs Motor Learning Cycle.
- Provide feedback, recorded on Cert 2 Preview feedback sheet recorded by participant, to each participant individually. Include where the participant is ready for the exam and areas they need improvement in to reach the standard.

*Depending on conditions, clinicians may switch the morning and afternoon sessions for the benefit of the candidates.