



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

301 Series Clinician Outlines

Movement Analysis 301

Morning

- Review Assessment Form
- Review MA Process (OEP)
- Review the differences and development of Cause/Effect Relationships to Cause/Effect Chains.
- Review the reference alignments
- Discuss and illustrate the different way to observe your students
 - Ride through different ways to observe the group
 - Partner up folks and whilst riding through the different ways to observe your partner have them look for the different RA discuss pro/cons of different vantage points
- Discuss and illustrate different riding styles, body types, and equipment set-ups.
- Practice doing MA on-snow by sitting down on the side of a trail

Afternoon

- 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.
- Give feedback on their presentation skills (student centered language vs. Instructor centered language)
- Give very specific feedback on the accuracy of their Cause and effect relationships and chains.