



# PSIA-Rocky Mountain-AASI



## Movement Analysis 201

Discipline: Snowboard

Time: 2 day Credits 2

Setting: On snow and Indoor

**Course Description:** This 2 day clinic will develop participant's ability to observe, describe, and analyze body movements and board performance of level 5-7 riders. We will focus on identifying board performance and specific movements relative to phases of the turn and prescribing movements for positive change. We will use these skills to improve guest experience by introducing movements/exercises more effectively and make observation and feedback more concise and effective. We will spend time indoors on video analysis and group discussion, and outdoors practicing real-time observation and description and developing exercises and drills for improved movement analysis skills.

**Prerequisite:** AASI/PSIA membership, Snowboard Level 1 certified OR Alpine/Nordic certified Level 2 and above, level 7 riders or above, and comfortable in medium bumps in black terrain.

### Course Objectives:

- Participants will improve their understanding of how to observe, describe, analyze, and prescribe through the use of exercises/tasks that enhance skill development.
- Participants will develop the ability to identify cause and effect relationships of alignment and movements to board performance and phases of the turn.
- Participants will strengthen their real-time observation and description skills through practice on-hill
- Participants will enhance their exercise presentation and feedback skills thru practice and interaction in peer groups

### Sample Activities:

1. Observe level 5-7 riders on-hill to generate analysis for personal improvement.
2. Watch a variety of indoor videos of level 5-7 tasks for skill acquisition.
3. Engage in chair conversations for enhanced development.

### Materials Needed:

- Appropriate riding gear to be on snow both days and clothes appropriate for a class room setting.
- Helmets are highly recommended