



PSIA-Rocky Mountain-AASI



Movement Analysis 301

Discipline: Snowboard

Time: 2 day Credits 2

Setting: On snow and Indoor

Course Description: This 2 day clinic will focus on refining participant's ability to observe, describe, and analyze body movements and board performance of advanced riders. We will explore timing, intensity and duration, turn phase relationships and turn to turn relationships. Participants will examine deeper cause and effect relationships and prescribing movements and TID for effective change. 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 2 certified, comfortable on a variety of black terrain.

Course Objectives:

- Participants will refine their skills of observation, description, analysis and prescription for upper level riders through the use of exercises/tasks that enhance skill development.
- Participants will develop the ability to identify deeper cause and effect relationships between movements, board performance, turn phases, and turn to turn; and develop relevant prescriptions for change
- Participants will strengthen their real-time observation, description and analysis skills through practice on-hill with riders in their peer groups and other advanced riders
- Participants will hone their feedback skills and exercise presentation techniques through practice and interaction in peer groups

Sample Activities:

1. Observe advanced riders, including other participants, on-hill to generate analysis for personal improvement.
2. Watch a variety of indoor videos of advanced riding 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