



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

## **RMT WORKSHOP EXAMINER OUTLINE**

### **CLINIC & PRESENTATION 401**

- Review Clinic & Presentation 401 Workshop Clinic Outlines
- Trainer vs. Instructor
- Impromptu vs. Scheduled/Cert Topics
- Misunderstood Topics/Concepts
- Cultural Creators vs. Receivers
- How to sell your concept to your audience

### **MOVEMENT ANALYSIS & TECH 401**

- Review videos participants brought on their phones
- Outdoor Observations
- Gender (anatomical differences between Men and Woman)
- Age (Children vs. Adult)
- Vantage Points
- Flexion vs. Rotation (how to achieve each with the other)
- Description with Cause and Effect
- Ways to Provide Feedback
- Intrinsic vs. Extrinsic
- Feedback Relevant to Goal
  - Exam vs. Rider Improvement
  - Positive vs. Negative
- Instructor vs. Student Center Language (Tech Topics for them to Describe)
- Body to Board to Track in the snow
- Descriptions: Movements vs. Positions in relation to TID
- On the spot feedback for riders in group

### **RIDING 401**

- Review written documented feedback from their trainer
- Specific Movements to Illustrate Technical Demos (Versatility)
- Movement Isolation Development Exercises (Develop exercises with partners)
- Power vs. Speed (Coordination)
- Range of movement exercises
- Timing exercises
- Managing fear in the park and pipe



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- Walking the talk