

# ***PSIA-Rocky Mountain-AASI***

## **Movement Analysis format for Telemark Level 1 Exam**

During the Telemark Level 1 exam, each Telemark Level 1 candidate will have at least one opportunity to demonstrate his/her movement analysis (MA) skills. The MA session for the exam will be conducted inside via video.

### **Important points about the video MA session**

The video MA session

- Is on one skier chosen from the MA video.
- Is on one skier of the Ed Staff's choosing.
- Is delivered in private, not in front of the group.

### **The candidate's Movement Analysis**

- Gives his/her MA while watching the video or immediately following.
- Should focus on describing **one** skill/movement pool at some point during the skiing performance i.e. beginning, middle, or end of the turn. (Note: the skill/movement pool chosen can be determined prior to, during or following the performance and is of the candidates choosing.)
- Should draw connections between the ski performance and how the movements of the body affect the ski performance in the chosen skill/movement pool. (Determine cause and effect relationships.)
- Should include a "more ideal" movement/skill description of what the candidate would like to see. (Prescribe change.)

### **The format of this session will look something like the following:**

In a quiet location the educator(s) will choose a videoed skier to observe. The video will run at regular speed for 1-2 minutes of skiing time. The candidate will have a couple of minutes to write notes (if needed) and then give his or her analysis. The educator(s) will then ask questions, geared towards clarifying the information the candidate offers and/or towards coaching the candidate through the process. Each individual session should take about 15 minutes.