

Telemark Level 1 Movement Analysis (MA)

During the Telemark Level 1 Assessment, each candidate will have at least one opportunity to demonstrate his/her movement analysis (MA) skills. The MA session for the assessment will be conducted inside, via video, on a skier from the beginner zone or easy, intermediate zone.

Important points about the video MA session:

- Is on one skier chosen from the MA video
- Is on one skier of the educator's choosing
- Is delivered in private - not in front of the group
- Will be on a skier in the beginner or early phases of the intermediate zone

The candidate's Movement Analysis:

- Gives his/her MA while watching the video or immediately following
- Should focus on describing **a single** Telemark Fundamental/Skill at some point during the skiing performance, i.e., beginning, middle, or end of the turn. Note: the fundamental/skill chosen can be determined prior to, during, or following the performance, and is of the candidate's choosing
- Should draw connections between the ski performance and how the movements of the body affect the ski performance in the chosen Telemark Fundamental/Skill, i.e., determine cause-and-effect relationships
- Should include a "more ideal" Telemark Fundamental/Skill description of what the candidate would like to see, i.e., prescription for change

The format of this session will be 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.