

PSIA-Rocky Mountain-AASI

Movement Analysis Format for Telemark Level 2/3 Exams

Telemark Level 2 Movement Analysis (MA)

During the certification exam, each candidate will have at least 2 opportunities to demonstrate his or her movement analysis skills. One opportunity will be outside on the snow in real time; the other will be inside on video.

Outside Level 2 MA

The outside MA session:

- Is on one of the other skiers in the group, preferably a L2-ish candidate.
- Is on a skier of the Ed Staff's choosing.
- Is delivered in private, not in front of the group.
- Is on a skiing performance of an intermediate level (blue trail, easy variable, easy bumps).

The candidate

- Gives his/her MA while watching the skier or immediately following the skier's run.
- Should focus on describing one skill/movement pool throughout each of the three parts of a turn i.e. beginning, middle, and end. (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 process will look something like this:

To begin the movement analysis session, the educator and the candidate will ski down a section of a blue/black run and stop at spot below the group. The education staff member will choose one member of the group for the candidate to observe. That skier will probably be level 7 or above. The group will then ski by and past the observers and stop together at a predetermined spot below. The candidate will give his/her movement analysis of the designated skier while watching that skier or immediately after the skier completes his/her run. The candidate's analysis should not focus on error detection/correction but on giving a complete description of skiing movements. Regardless of the level of the skier observed, the accuracy of this description should meet the L2 standard. The educator may ask questions in order to clarify the information that the candidate gives, and may offer coaching in order to facilitate the process. The on the hill movement analysis session for each candidate should last from 5-8 minutes.

Inside Level 2 MA

The inside MA session:

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

The candidate

- Gives his/her MA while watching the video or immediately following.
- Should focus on describing **one** skill/movement pool throughout the turn (beginning, middle, end).
- 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 process should look something like this:

In a quiet location the educator(s) will choose a videoed skier to observe. The skill/movement pool is of the candidate's choosing and can be determined prior to, during, or following the performance. The video will be 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 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.

Telemark Level 3 Movement Analysis

Each candidate will have at least 2 opportunities to demonstrate his or her movement analysis skills. One opportunity will be outside on the snow in real time; the other will be inside on video.

Outside Level 3 MA

The outside MA session:

- Is on one of the other skiers in the group, preferably a L2/3ish candidate.
- Is on a skier of the Ed Staff's choosing.
- Is delivered in private, not in front of the group.
- Is on a skiing performance of an advanced level (bumps, variable, long or short radius).

The candidate

- Gives his/her MA while watching the skier or immediately following the skier's run.
- Should choose a skill/ movement pool that **represents the candidate's view** of the primary opportunity for improvement
- Should focus on describing **one** skill/movement pool throughout each of the three parts of a turn i.e. beginning, middle, and end. (Note: the skill/movement pools chosen should be determined during or following the performance and should represent **the candidate's view of the primary** opportunity for improvement)
- Should draw cause and effect relationships **between the primary** skill/movement pool **and a secondary skill/movement** pool at some point in the turn
- Should draw connections between the ski performance and how the movements of the body affect the ski performance in the chosen skill/movement pools.
- Should include a "more ideal" movement/skill description of what the candidate would like to see. (Prescribe change.)

The process will look something like this:

To begin the movement analysis session, the educator and the candidate will ski down a section of a blue/black bump run and stop at spot below the group. The educator will choose one member of the group for the candidate to observe. Then the group will ski by and past the observers and stop together at a predetermined spot below. The candidate will give his/her movement analysis of the designated skier while watching that skier or immediately after the skier completes his/her run. Regardless of the level of the skier observed, the accuracy of this description should meet a L3 standard. The educator may ask questions in order to clarify the information that the candidate gives, but coaching will be kept to a minimum. The on the hill movement analysis session for each candidate should last from 5-8 minutes.

Inside Level 3 MA

The inside MA session:

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

The candidate

- Gives his/her MA description while watching the video or immediately following.
- Should choose a skill/ movement pool that **represents the candidate's view** of the primary opportunity for improvement
- Should focus on describing one skill/movement pool throughout the turn (beginning, middle, end).
- Should draw cause and effect relationship **between the primary** skill/movement pool and **a secondary skill/movement** pool at some point in the turn
- Should draw connections between the ski performance and how the movements of the body affect the ski performance in the chosen skill/movement pools.
- Should include a "more ideal" movement/skill description of what the candidate would like to see. (Prescribe change)

The process should look something like:

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) may ask questions, geared towards clarifying the information the candidate offers. If the performance is deemed to be at a Level 3 standard coaching will be kept to a minimum. The process should take about 15 minutes per candidate