



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

Telemark Level 2 Movement Analysis (MA)

During the certification assessment, 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 on video.

The outside MA session:

- On one of the other skiers in the group, preferably within the intermediate zone
- On a skier of the Telemark Education Staff's (Tele Ed Staff) choosing
- Delivered in private - not in front of the group
- On a skiing performance in the intermediate zone: blue trail, easy variable, easy bumps

The candidate:

- Gives his/her MA while watching the skier or immediately following the skier's run
- Should choose a Telemark Fundamental/Skill that **represents the candidate's view** of the primary opportunity for improvement
- Should focus on describing **a single** Telemark Fundamental/Skill throughout each of the three parts of a turn, i.e., beginning, middle, and end. 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 as related to the Telemark Fundamentals

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 a spot below the group. The Tele Ed Staff member will choose one member of the group for the candidate to observe. That skier will probably be skiing within the intermediate to advanced zones. The group will ski 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 focus on giving a complete description of skiing movements - not error detection/correction. Regardless of the level of the skier observed, the accuracy of this description should meet the Level 2 standard.

The educator may ask questions to clarify the information that the candidate gives and may offer coaching to facilitate the process. The on-the-hill movement analysis session for each candidate should last from 5-8 minutes.

The video MA session:

- On a skier chosen from the MA video
- On a skier of the Tele Ed Staff's choosing
- 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 **the same** Telemark Fundamental/Skill throughout the turn - beginning, middle, and end
- 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 relationship(s)
- Should include a "more ideal" Telemark Fundamental/Skill description of what the candidate would like to see, i.e., prescription for change as related to the Telemark fundamentals

The process should look something like this:

In a quiet location, the educator(s) will choose a videoed skier to observe. The Telemark Fundamental/Skill 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.