



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

Telemark Level 3 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 from a video.

The outside MA session:

- Is on a skier of the Tele Ed Staff's choosing
- Is on one of the other skiers in the group, preferably within the advanced zone
- Is delivered in private - not in front of the group
- Is on skiing performance within the advanced zone i.e., bumps, variable, long-radius, or short-radius

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 the primary Telemark Fundamental/Skill throughout each of the three parts of a turn i.e. beginning, middle, and end. Note: the primary Telemark Fundamental/Skill chosen should be determined during or following the performance
- Should choose a secondary Telemark Fundamental/Skill that directly affects the primary Telemark Fundamental/Skill chosen
- Should draw cause-and-effect relationships between the primary Telemark Fundamental/Skill and the secondary Telemark Fundamental/Skill 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 Telemark Fundamental/Skill
- 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 advanced-zone bump terrain and stop at a spot below the group. The educator will choose one member of the group for the candidate to observe. Then 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. Regardless of the level of the skier observed, the accuracy of this description should meet the Level 3 standard. The educator may ask questions 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.

The video MA session:

- Is on a skier chosen from the MA video
- Is on a skier of the Tele 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 choose a primary Telemark Fundamental/Skill that **represents the candidate's view** of the primary opportunity for improvement
- Should focus on describing the primary Telemark Fundamental/Skill pool throughout each of the three parts of a turn i.e. beginning, middle, and end. Note: the primary Telemark Fundamental/Skill chosen should be determined during or following the performance
- Should choose a secondary Telemark Fundamental/Skill that directly affects the primary Telemark Fundamental/Skill chosen
- Should draw a cause-and-effect relationship between the primary Telemark Fundamental/Skill and the secondary Telemark Fundamental/Skill 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 Telemark Fundamental/Skill
- 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:

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.