

PSIA-Rocky Mountain-AASI

Telemark Trainer's Movement Analysis

During Trainer's Accreditation, each candidate will have at least one opportunity to demonstrate movement analysis skills. The parameters for conducting movement analysis may vary considerably, according to the discretion of your evaluators. Be prepared to be flexible and consider the following possible range of scenario conditions:

- **Participants**-Your MA session may take place in private with an evaluator or in the presence of the other members of your group.
- **Time**- Movement analysis may occur at any time during the event.
- **Place**- MA may be conducted in real time anywhere on the mountain and/or inside on video.
- **MA subjects**-Be prepared to analyze all levels of telemark skiing as well as all levels of alpine skiing technique performed on telemark equipment. The subjects of your movement analysis may be members of your group and/or other telemark skiers.

When observing the subject skier, choose the skill/movement pool that you believe represents the primary opportunity for that skier's improvement. You may choose this skill/movement pool during or following the skier's performance.

Your Movement Analysis of a skier...

- Should focus on describing one skill/movement pool throughout the turn (beginning, middle, end).
- Should draw a cause and effect relationship(s) between the first skill/movement pool and a second skill/movement pool at some point in the turn or at multiple points 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).

Finally, in addition to demonstrating your own MA skills, you should also be able to demonstrate the ability to coach others in developing their MA skills. Thus, as a Telemark Trainer candidate could be asked to lead an indoor MA session for Telemark Levels 1, 2 and /or 3 candidates.