

Telemark RMT Movement Analysis

During Telemark RMT Assessment, 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 educators. 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(s), choose the Telemark fundamental/skill that you believe represents the primary opportunity for that skier's improvement. You may choose this Telemark fundamental/skill during or following the skier's performance.

Movement Analysis of a skier:

- Should focus on describing one Telemark fundamental/skill throughout the turn: beginning, middle, end
- Should include a description of second Telemark fundamental/skill throughout the turn: beginning, middle, end
- Should draw a cause-and-effect relationship(s) between the first Telemark fundamental/skill and a second Telemark fundamental/skill 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 Telemark fundamental/skill
- Should include a "more ideal" Telemark fundamental/skill description of what the candidate would like to see - prescription for 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 and provide demonstrations of acceptable performances at all levels. As a Telemark RMT candidate, you may be asked to lead an indoor MA session for Telemark Levels 1, 2, and/or 3 candidates.