

MOVEMENT ANALYSIS CRITERIA Fall 2016

Candidates must describe three key criteria components during a movement analysis: Observation, Evaluation, and Prescription. There is NO set sequence or order the candidate must follow. Immediately following the movement analysis and/or the lesson plan, candidates will be interviewed about alternative scenarios. Refer to the 5 Fundamentals as appropriate.

OBSERVE- (What): Look at the skier's movements, physical traits, and what the skis are doing in the snow. Describe concrete and objective observations.

Observation Tactics- There is no "right" way. What are you looking at first?

- big picture, whole body, specific parts, skis, feet – up, head – down.

DESCRIBE: (present in ANY order)

- The skier profile as it relates to their skiing (physical traits that affect ski performance).
- The turn shape
 - The path/track of the skis, location of skidding/carving, and when and where (phase of turn)
- Ski performance and related body movements in the phases of the turn.
- The duration, intensity, rate, timing, and direction of movements of the skier.

EVALUATE- (Why): describe body movements (cause) and how they impact the skier's performance (effect). Compare your observations to optimal performance and develop a performance goal, which addresses the skier's strengths or weaknesses.

DESCRIBE (present in ANY order):

- Where the movement originates and how that affects the turn (This will determine the movement or action to prioritize for the Prescription)
- The desired changes in body movements and the effect they will have on ski performance.

PRESCRIPTION- (How): Clearly define and show an understanding of what the student needs to do with their body movements to achieve the stated performance goal. Decide where to start; prioritize what element most needs correction/development.

DESCRIBE / PRIORITIZE (present in ANY order):

- A technical and/or a tactical approach
- Optimal terrain to use
- Any Equipment issues/problems.
- Lesson plan consisting of logical and appropriate exercises and/or tasks leading to the stated outcome