

PSIA–W ALPINE: MOVEMENT ANALYSIS CRITERIA L2 & L3

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, or what? are we ok with this?

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 skis' performance (effect). Compare your observations to optimal performance and develop a performance goal which addresses the skiers' 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 to create a performance goal.

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