



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 4-7, 2023

Clinic Summary Notes

Clinic Topic: Adaptive Lesson Observation – Fundamental Mechanics of Snowboarding – MaryEllen Whitney

1. PSIA-AASI’s six Snowboard Fundamental Mechanics:

| BOARD PERFORMANCE | SNOWBOARDING FUNDAMENTAL RELATIONSHIPS |
|---|---|
| Pressure (longitudinal) Nose to Tail | Control the relationship of the center of mass to the base of support to direct pressure along the length of the board. |
| Pressure (lateral) Edge to edge | Control the relationship of the center of mass to the base of support to direct pressure along the width of the board. |
| Pressure (vertical) Up and down | Regulate the magnitude of pressure created through board/surface interaction. |
| Tilt | Control the board’s tilt through a combination of inclination and angulation. |
| Pivot | Control the board’s pivot through flexion/extension and rotation of the body. |
| Twist | Control torsional flex of the board using flexion/extension and rotation of the body. |

- Snowboard mechanics encompass a wide range of topics. Learn more about them and PSIA-AASI’s *Snowboard Instruction Manual*. A free digital copy of the manual can be found at Read more about <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>.
- Read articles and listen to podcasts on snowboarding mechanics in PSIA-AASI’s 32 Degrees magazine and industry podcasts at [Search Results for “Snowboarding mechanics” – PSIA-AASI \(thesnowpros.org\)](#).
- Take the time to practice applying fundamental mechanics in your own riding and offer lots of engaging activities to help your adaptive lesson guests take ownership of the snowboarding fundamental mechanics.