



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Clinic Topic: Movement Analysis Made Easy – Ann Papenfuss Wing

1. Understanding what our skis and bodies can do allows us to develop a common language for movement analysis. And it helps us create more effective lessons! Check out Chapter 1 of the *Alpine Technical Manual* (Skills Concept) for more information. You can access the manual here:



<https://thesnowpros.org/education/digital-manuals-for-every-discipline/>

2. The Five Fundamentals are an essential component of our work as Adaptive Ski instructors. You can find out all about them, along with other vital information in this free PSIA-AASI document, *The Learning Connection & Discipline-Specific Fundamentals*. https://thesnowpros.org/download/PSIA-AASI_LearningConnection_and_Discipline-Specific_Fundamentals_Edits_Updated_Structure_2023.pdf



3. Don't make stuff up. If you can't see something because of deep powder (lucky you), then don't pretend that you can actually see it.
4. PSIA-AASI has an Adaptive Movement Analysis form that may help you document your MA observations. You can find it on the second page of this document.



PSIA-AASI ADAPTIVE MOVEMENT ANALYSIS FORM

Candidate Name: _____ Date: _____

STUDENT PROFILE	OBSERVATION: Observe and describe the application of fundamentals in all turn phases. Include the impacts of tactical decisions, equipment choices, physical development, terrain, and snow variation.	
	Body Performance	Ski/Snowboard Performance
	EVALUATION: Evaluate and describe the cause-and-effect relationships of fundamentals relative to the desired outcome. Compare described performance to more ideal performance.	
	PRESCRIPTION: Prescribe a specific change, relative to fundamentals, to achieve the desired outcome.	
	<u>Candidate are expected to observe and evaluate:</u> Level I: <input type="checkbox"/> 1 fundamental in all phases Level II: <input type="checkbox"/> 2 fundamentals in all phases, Level III: Multiple fundamentals in all phases, turn to turn	<u>Candidates are expected to prescribe:</u> Level I: Change in 1 fundamental Level II: Change in <input type="checkbox"/> 1 fundamental Level III: Change in multiple fundamentals