



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 9-12, 2024

Clinic Summary Notes

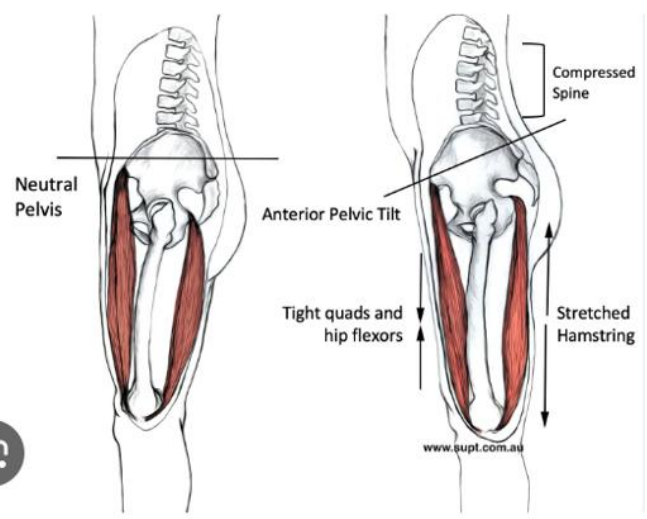
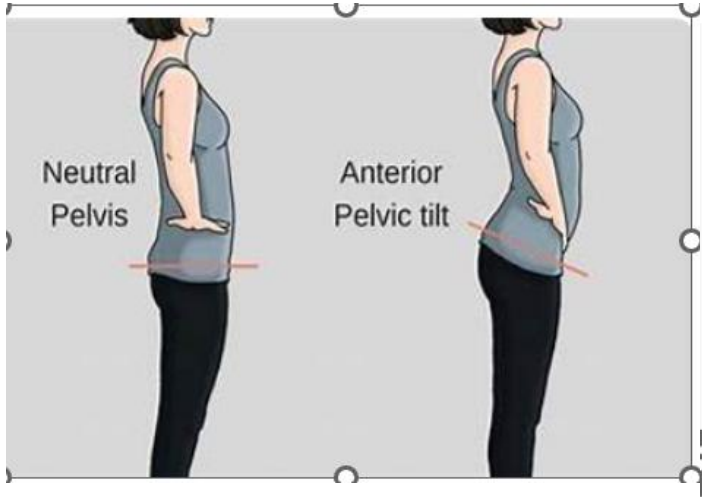
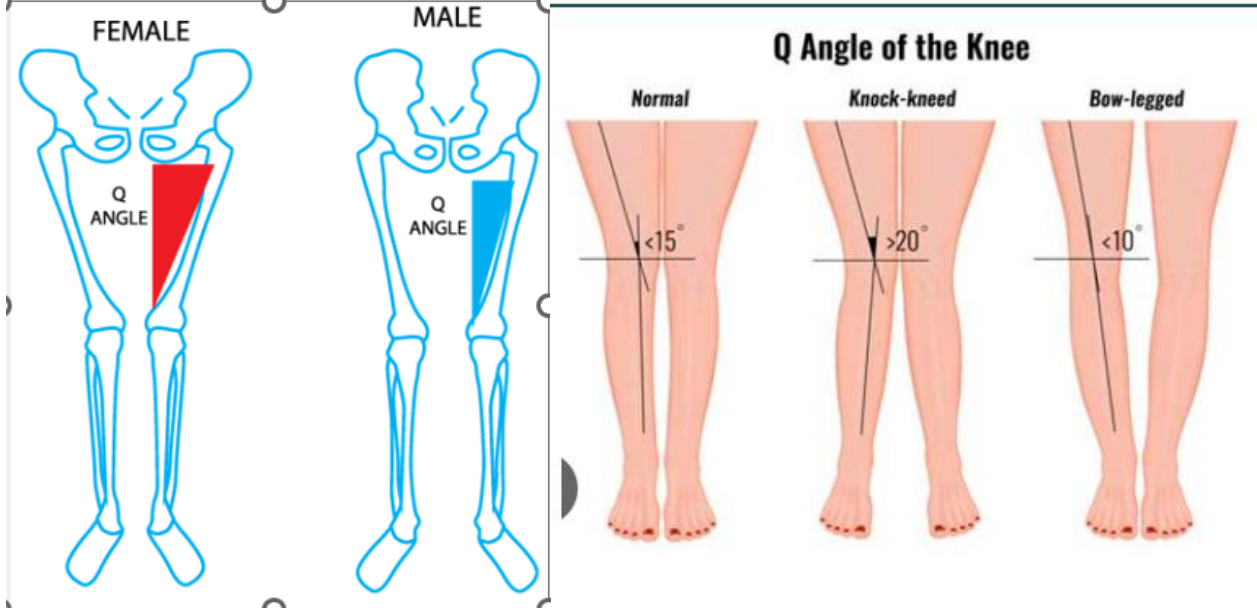
Clinic Topic: Understanding Different Body Types and Needs - Christina Bruno

- Stance and Equipment: Why did you choose this stance or equipment? How does your stance affect the Fundamentals? How can stance and equipment adjustments be adapted to our guests to optimize their abilities? How does your student walk and move naturally? Do they stand a certain way to create balance and stability? Can you mimic their natural stance on snow to utilize their strengths?
- Strength Based Approach vs. Deficit-Based Approach: a strength-based approach focuses on a student's assets and encourages viewing them as resourceful and resilient. The foundation of this approach began in social work in the late 1990s. Focus on what fundamental movements can do: Maximize their range of motion. We all work with different body types, tall, small, large, bad news, duck footed sore back, etc. We can use this approach to look at their strength within their cognitive, physical, and emotional domain, rather than focusing on what may hinder their learning. A strengths-based approach also helps the instructor create a more educated lesson plan. Consider asking the following:
 - What strengths does my student have that they can use in conjunction with a possible physical assist to learn a skill?
 - What physical abilities am I seeing stationary and in movement, while inside and on-snow?
 - What are my student's physical strengths, what core fundamentals will I focus the lesson on?
 - What equipment modifications, physical assists, or environmental modifications can I use to help the student learn best based on their emotional strengths?
 - Based on how my student is responding to the indoor or outdoor environment, how can I adjust the physical space to support a student's learning?
 - Are these strengths great enough to complete the fundamental skiing or snowboarding skills, even if they do not align with traditional theory on body and board ski performances? Lowest most functioning joint closest to the snow for skill development of the fundamentals.
- Body Types: In adaptive instruction we learn to problem solve outside a linear progression to work with limb deficiencies, muscle weakness, balance, and coordination challenges encompassing a variety of body types. These same skills can be used to work with a variety of body types such as: triangle, inverted triangle, rectangle, oval, hourglass, ectomorph, mesomorph, endomorph.
- Quadriceps Angle (Q Angle): The angle formed between the quadriceps muscle and the patella tendon. Q angle in Males is typically between 8-14 degrees. Females tend to range between 11-20 degrees. The greater the Q angle the more force exerted on the ligaments and tendons of the knee. Equipment Considerations for Q Angle: stance width, binding angles, cants, footbeds, boot alignment.
- Anterior Pelvic Tilt: The angle formed between the quadriceps muscle and the patellar tendon Q angle in Males is typically between 8-14 degrees. Females tend to range between 11-20 degrees. The greater the Q

angle the more force exerted on the ligaments and tendons of the knee. Teaching considerations: high back angles, relax ankles and knees and try to rotate pelvis up. Stretching and strength conditioning.

6. Center of Mass: Male and female bodies have different centers of gravity. The center of gravity in a woman's body is near her hips, while in a man's body, the center of gravity is near his waist.

Q Angles



BODY SHAPES
AND TYPES



triangle



inverted
triangle



rectangle



oval



hour glass



ectomorph



mesomorph



endomorph