



**NORTHERN ROCKY
MOUNTAIN**

PSIA-AASI Alpine III Ski Performance Prep Clinic Outline

Title: Alpine III Prep Ski Performance

Duration: 12 hours (12 CEUs)

LCM Highlight: Technical Skills

Course Description:

Ski various Alpine III activities, variations, and task chains to explore how to highlight, integrate, and vary the technical fundamentals to improve personal skiing and understand assessment scenarios. Geared for current Alpine II instructors working toward Alpine III and those looking to improve their skiing using activities in a performance-focused environment. Work with clinic leaders and peers to prepare for teaching in the intermediate zone and the Alpine III assessment while adapting fundamentals and exploring tactical applications. Ski beginner, intermediate, and advanced terrain suitable to an Alpine III assessment.

Recommended Preparatory Learning Resources:

- Alpine Technical Manual

Prerequisite Course(s) and Skills

- Alpine II Certification
- Safely ski all terrain through the advanced zone
- Possess knowledge of Alpine III Assessment Activities
- Show a desire to enhance personal skill development

Learning Outcomes:

By the end of this course, successful participants will be able to:

- Demonstrate improved personal performance and understanding.
- Summarize feedback on your skiing relative to the Alpine III standard.
- Share an understanding of their path to Alpine III and personal development.

Learning Experiences:

- Ski/ride a variety of Level III activities, variations, and task chains to explore how to highlight, integrate, and vary the Technical Fundamentals in a full range of Level III assessment conditions.
- Discuss and practice tactics for professional success.
- Collaborate with peers and clinic leaders to build a supportive and dynamic environment.
- Relate activities/variations to personal skiing and riding improvement and application of the Learning Connection to other modules, such as people and teaching skills and movement analysis/technical understanding.

Materials/Equipment

- NRM Assessment Activities Guide, Level II Skiing Performance Assessment Form, Alpine Performance Guide.
- Well-maintained skis that allow you to display a variety of technical skills (see Ski Performance Assessment Activities guide) in the following scenarios: on and off-piste skiing, short through longer radius turns, in various snow conditions.
Recommendations: Side cut range 14-20 meters, waist width 75-90mm.