



**NORTHERN ROCKY
MOUNTAIN**

PSIA-AASI Alpine II Ski Performance Prep Clinic Outline

Title: Alpine II Prep Ski Performance

Duration: 12 hours (12 CEUs)

LCM Highlight: Technical Skills

Course Description:

Ski various Alpine II activities, variations, and task chains to explore how to highlight, integrate, and vary the technical fundamentals to improve personal skiing and understand assessment scenarios. This Clinic is geared for current Alpine I instructors working toward Alpine II 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 II assessment while adapting fundamentals and exploring tactical applications. Ski beginner, intermediate, and some advanced terrain suitable to an Alpine II assessment.

Recommended Preparatory Learning Resources:

- Alpine Technical Manual

Prerequisite Course(s) and Skills

- Alpine I Certification
- Safely ski all terrain through easy Black terrain
- Possess knowledge of Alpine II 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 II standard.
- Share an understanding of their path to Alpine II and personal development.

Learning Experiences:

- Ski/ride a variety of Level II activities, variations, and task chains to explore how to highlight, integrate, and vary the Technical Fundamentals in a full range of Level II 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.