

PSIA – Northern Intermountain Division – AASI
ADAPTIVE ALPINE LEVEL 1 & 2
PROFESSIONAL DEVELOPMENT LOG FUNCTIONAL SKIING

Name: _____

Note: This development log is a tool for you to develop your skiing, teaching and technical skills in preparation for your Adaptive Alpine Functional Skiing exam.

As you are preparing for your exam, include comments and notes that you find beneficial, including notes from the trainer at your Functional Skiing Prep Clinic.

At the time of your exam, you will be required to turn in the development log for your examiner's review. It will be returned to you after the exam so that you can use it as an ongoing resource.

Note: The Americans with Disabilities Act (ADA) requires that testing entities such as PSIA-NI-AASI make "reasonable accommodations" for qualified candidates with disabilities (whether physical or cognitive) and to the extent that they would not "fundamentally alter" the services being provided. Members with disabilities who are considering applying for an education course or certification exam must contact PSIA-NI-AASI at 208-806-1833 at least four weeks in advance of a scheduled course or exam to provide notice of their requested reasonable accommodation and discuss their situations. This allows PSIA-NI-AASI to assess your request for a reasonable accommodation and to plan for reasonable accommodations, if necessary. Requests for accommodations will be considered on a case-by-case basis. The essential eligibility requirements for each Adaptive Alpine Level 1 & 2 course and exam are presented in the PSIA-NI-AASI Adaptive Alpine Level 1 & 2 Exam Material. The standards are national in scope and their maintenance is necessary in the interests of public safety, effectiveness, value for the consumer, and guest/employer expectations. The ADA does not require reasonable accommodations for a transitory or minor disability. A transitory disability is an impairment with a duration of six months or less, such as one caused by illness or injury.

Revision 11-19-16

Adaptive Level 1 & 2 Technical Knowledge

Your students expect you to provide them with something they don't have: the technical knowledge needed to improve their skiing performance. Do you understand the technical aspects of skiing well enough to communicate this knowledge to your students?

Understand the PSIA Skills Concept and Movement Pools

How are they used in various skiing conditions? How are they used in the adaptive environment?

Understand and use Movement Analysis

You can practice on your peers or by watching videos. (YouTube.com and vimeo.com have some skiing videos.)

Understand Cause and Effect relationships

How is this used in movement analysis? Can you use this in your lessons?

Identify body-part specific Rotary Movements

Identify body-part specific Pressure Control

Identify body-part specific Edging Movements

Understand how skills are blended

How are the skills blended differently for various snow and terrain conditions?

Read the Alpine Technical Manual

What new ideas can you incorporate in your lessons?

Adaptive Level 1 & 2 Teaching Knowledge

Your teaching knowledge allows you to effectively translate your technical knowledge to your students. Are you offering your students the most positive and safe skiing experience?

Learn to recite "Your Responsibility Code"

How can you effectively incorporate this into your lessons?

Learn to recite the Smart Style Points

When do you use this? How can you get your students to understand these points?

<http://www.nsaa.org/nsaa/safety/smart%2Dstyle/>

Understand the Teaching Cycle

How does this relate to a lesson plan?

Understand the various models for Learning Styles

Which models work best for you? If you typically rely on one model, you may want to explore other models.

Understand Lateral Learning

You can practice by creating lesson plans with the lateral learning concept. (Hint: this will help with movement analysis.)

Understand goal setting for students

Notice that some adaptive students may not progress as quickly as other students. Practice setting goals for a variety of students

Learn to use the Guest Centered Teaching model

You can find the GCT Planning Worksheet in the Adaptive Alpine Exam Material

Read Core Concepts for Snowsports Instructors

What new ideas can you incorporate in your lessons?

Level 1 & 2 Functional Skiing Performance

You will be tested on each of these functional skiing maneuvers in your Functional Skiing Exam. For each item, you should be able to perform the maneuver, explain how the maneuver is used in adaptive ski instruction and identify the skill pool being used for the maneuver.

Sideslip to a Hockey Stop

Falling Leaf

Traverse to a Diagonal Sideslip

Stem or Step Turns

Hourglass Basic Parallel Turns

Variable Terrain & Snow Conditions on a Blue Run

Synchronized Skiing

Free Skiing

(solid open-stance parallel, blue/black terrain)

Bumps on Blue Terrain

Prepare for your Functional Skiing exam

Become a PSIA member, if you are not currently a member.

Be an employee or volunteer of a recognized ski school or adaptive ski program and complete a minimum of ten hours of in-house and on-hill training, actual on-hill adaptive teaching.

Schedule and take the **Adaptive Alpine Functional Skiing and Technical Prep Clinic**.

Register for the **Adaptive Alpine Functional Skiing Exam**. Bring this completed development log with you to the on-hill exam