



Movement Analysis:

During the exam process, each candidate will be asked to provide movement analysis of other skiers. While movement analysis can be a daunting proposition for some, it is an important part of developing as a great instructor and coach.

There are several different scenarios that an examiner may use when asking a candidate about MA. The most common would be a “call down” scenario where the candidate and the examiner stand next to each other and the candidate simply provides information about what they are seeing to the examiner. While this is the most common, it is only an example - and an examiner may provide other scenarios where movement analysis takes place.

What to Expect for Movement Analysis:

Movement Analysis is part of the PSIA Certification Process. At each level there are different standards, just as there are for skiing and teaching.

Level-1.

At level 1 a candidate should be able to identify the components of good skiing.

What does this mean in plain English? A level 1 candidate should be able to identify if a skier has their “hips behind their feet” or if the skier is “forward”, for example. Subsequently the candidate should be able to identify which is a positive cue and which is a cue that would indicate a change is needed.

Level-2.

At level 2 a candidate should be able to distinguish “what is happening” and make a lesson content decision based on that observation as well as the student goals.

What does this mean in plain English? A level 2 candidate should be able to identify more than just the components of good skiing. The candidate should be able to identify both the Effective and Ineffective skiing cues and have a greater understanding of what those cues allow the skier to do or keep the skier from being able to accomplish. Movement analysis at level 2 begins to be an ongoing process with the candidate monitoring what the student is doing and providing feedback within a coaching scenario.

Level-3.

At level 3 a candidate should display a strong ability to answer a “How-do-I-get-there?” question regarding movement analysis. A candidate should also display an in-depth understanding of cause-and-effect relationships relative to skill references and specific movement issues. A candidate should be able to make technical lesson content decisions based upon specific movement analysis observations.

What does this mean in plain English? The candidate at level 3 should be able to watch a skier and develop a lesson plan based on the observed outcomes of the skis and the observed body movements creating them. The level of analysis and understanding of movements must be great enough - and in depth enough - that the candidate can communicate with the skier, through their feedback, how they need to change their movements to effect the changes they want in their skiing.