



PSIA-AASI National Adaptive Academy

Hosted by The Hartford Ski Spectacular
Wednesday morning December 2nd 2015
Indoor Clinic Reminders

Clinic Topic: Movement Analysis as a Base for Skill Development – Peter Axelson pax@beneficialdeesigns.com

1. The **Observation Phase** is watching **body movements** and the **actions of the skis** on the snow. This will include the description of the cause and effect relationships that you see. Look for specific movement patterns as listed below.
2. The **Evaluation Phase** for adaptive skiers may include recognition of **equipment** and or **balance, flexibility, strength and range of motion limitations** of the skier related to the **movement patterns** that you observe.
3. The **Prescription Phase** will involve establishing a **specific goal or goals** for the skier you are observing. Based on this a lesson plan will be created that uses **specific drills and exercises** to address the priority of developing **specific skills** for the skier. This will require **instruction with feedback** being provided to the skier.
4. Review Chapter 6 in the PSIA Alpine Technical Manual- **Movement Analysis**.
5. Obtain **video of your skier** with your phone or with a video camera for movement analysis with your student during lunch or after skiing. Practice reviewing video of skiers with other instructors to practice movement analysis as a group. Obtain video on www.Youtube.com/xxvideo if you do not have video. .

- Evaluate sit-down and stand up adaptive skiers by reviewing videos of their skiing
- Observe and describe the skiing profile of adaptive skiers in terms of their level of skiing, the types of turns they are making and the comfort level of the skiers
- Observe and analyze the fore-aft balance of adaptive skiers during a mock lesson scenario
- Observe and analyze the twisting of the ski or skis in relation to the upper extremities of the adaptive-skier
- Observe the timing and amount of flexion and extension of the adaptive skier to create pressure movements
- Observe the timing and use of hand movements to move the ski or skis from edge to edge throughout the turn
- Observe the diagonal movement of the sit-skiers upper body across the lower body to change from edge to edge
- Observe the upper body and head movement of the adaptive skier while the lower body moves throughout the turn
- Describe the cause and effect relationships that you see in the adaptive skiers you are observing
- Prioritize the skills and movements that are preventing a particular adaptive skier from advancing in their skiing
- Establish the most important goals for skiers that you observe in videos
- Establish lesson plans that will address the skills that the observed adaptive skiers are having difficulty with
- Establish lesson plans that will address the movement patterns that the adaptive skiers are having difficulty with