Alpine Level 2 Movement Analysis & Technical Understanding Candidate Outline

A candidate-facing overview of the Alpine Level 2 Movement Analysis & Technical Understanding assessment experience, expectations, activities, and learning outcomes.

Module Overview

The Alpine Level 2 Movement Analysis & Technical Understanding module is one of three modules required for Alpine Level 2 certification.

To earn Alpine Level 2 certification, candidates must successfully complete all three assessment modules:

- Movement Analysis and Technical Understanding
- Teaching and People Skills
- Ski Performance

Successful completion of this module requires meeting the standard for each Learning Outcome within the Movement Analysis and Technical Understanding categories.

What to Expect

- Group size may vary, provided the required assessment time for each candidate is maintained.
- Two Peer Movement Analysis opportunities, up to 8 minutes each.
- Two Self-Assessment opportunities, up to 8 minutes each.
- Whenever possible, the two Peer Movement Analysis opportunities will involve different peers.
- Each activity is a focused opportunity based on the skiing performance you or your peer has just completed.

Module-Day Schedule

The following is an example schedule. Actual timing may vary with group size, terrain, weather, snow conditions, lift operations, safety, and event logistics.

8:45 AM	9:00 AM–12:00 PM	12:00–12:30 PM	12:30–3:00 PM	4:00 PM
Meet Candidates	Warm-up + 2 assessment opportunities	Lunch	Complete 2 assessment opportunities	Results / Verbal Feedback

Learning Outcomes
Instructor Decisions & Behavior

- Contributes to a professional environment by managing their behaviors and emotions in response to others.

Movement Analysis

- Articulates accurate cause-and-effect relationships between body and ski performance of Technical Fundamentals through all phases of the turn, resulting in an effective prescription for change for skiers through the intermediate zone.

Technical Understanding

- Describes specific performances using Technical Fundamentals and considering tactics and equipment choices using current PSIA-AASI resources.

Assessment Activities
The module includes four assessment opportunities:

- Two Peer Movement Analysis opportunities.
- Two Self-Assessment opportunities.

Each type includes:

- One Integrated Activity.
- One Versatility Activity.

Activities are selected from the Alpine Level 2 National Assessment Activity List.

Peer Movement Analysis
Purpose

Demonstrate your ability to observe and analyze another skier's performance, articulate accurate cause-and-effect relationships, and identify an effective prescription for change for skiers through the intermediate zone.

What to Expect

- You will be assigned peers who may serve as your Movement Analysis subjects.
- You will have opportunities to observe your assigned peers during the warm-up.
- Before each assessment opportunity, one peer will be designated as your Movement Analysis subject.
- The assessment uses a call-down observation format.
- You will stand with the assessors and observe your Movement Analysis subject skiing the selected activity.

- After observing the skier, you will deliver your Movement Analysis to the assessors rather than directly to your peer.
- Your analysis may include follow-up questions or conversation with the assessors.
- Each opportunity is a maximum of 8 minutes.

Movement Analysis Focus
Your analysis should connect what you see in the skier's performance with the Technical Fundamentals and explain cause-and-effect relationships through the phases of the turn. You should be able to identify an effective prescription for change appropriate to the skier and the intermediate zone.

Self-Assessment
Purpose

Demonstrate your ability to accurately describe and analyze your own skiing performance using the Technical Fundamentals, while considering tactics and equipment choices using current PSIA-AASI resources.

What to Expect

- You will complete two Self-Assessment opportunities.
- One opportunity will use an Integrated Activity and one will use a Versatility Activity.
- The activities are selected from the Alpine Level 2 National Assessment Activity List.
- The assessment uses a call-down format.
- You will ski the selected activity to the designated stopping point.
- You will then report on and analyze your own performance.
- You may be asked clarifying questions or invited to explore your depth of knowledge.
- Each opportunity is a maximum of 8 minutes.

Technical Understanding Focus
Your self-assessment should demonstrate that you can describe specific skiing performances using the Technical Fundamentals and consider how tactics and equipment choices relate to the performance.

Warm-Up & Terrain Familiarization
You will ski terrain within the Alpine Level 2 zone described in the National Assessment Activity List and the PSIA-AASI Alpine Level 2 National Standards for Ski Performance.

The warm-up provides an opportunity to become familiar with the available terrain and conditions and to observe your peers before the formal assessment activities.

Assessment Activities at a Glance

Activity	Opportunities	Primary Focus
Peer Movement Analysis	2 × up to 8 minutes	Movement Analysis
Self-Assessment	2 × up to 8 minutes	Technical Understanding

Candidate Preparation

- Review the Alpine Level 2 National Standards and Performance Guides.
- Review the Alpine Level 2 National Assessment Activity List.
- Practice describing skiing performance using the Technical Fundamentals.
- Practice identifying cause-and-effect relationships between body movements and ski performance through all phases of the turn.
- Practice developing relevant prescriptions for change for skiers through the intermediate zone.
- Practice observing another skier and organizing your observations into a clear Movement Analysis.
- Practice analyzing your own skiing and describing specific performance outcomes.
- Be prepared to discuss how tactics and equipment choices relate to skiing performance.
- Use current PSIA-AASI resources when preparing your technical understanding.
- Arrive prepared to ski safely and effectively in the terrain and conditions available on the assessment day.

Assessment Results & Feedback

Results are provided after the module. Candidates receive feedback on their performance and the Learning Outcomes assessed during the day. The module assessment form is provided at the conclusion of the module.