Alpine Level 3 Movement Analysis & Technical Understanding Candidate Outline

A candidate-facing overview of the Alpine Level 3 Movement Analysis & Technical Understanding assessment experience, expectations, activities, and learning outcomes.

Module Overview

The Alpine Level 3 Movement Analysis & Technical Understanding module is one of three modules required for Alpine Level 3 certification.

To earn Alpine Level 3 certification, candidates must successfully complete all three Alpine Level 3 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.
- You will receive two Peer Movement Analysis opportunities of up to 8 minutes each.
- You will receive two Self-Assessment opportunities of up to 8 minutes each.
- Whenever possible, each Peer Movement Analysis opportunity will involve analyzing a different peer.
- Each assessment activity is a standalone opportunity focused on the skiing performance you or your peer has just completed.

Module-Day Schedule

The following is an example schedule. Actual timing may vary based on 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

Warm-Up & Terrain Familiarization

You will ski terrain in the Alpine Level 3 zone as stated in the National Assessment Activity List and the PSIA-AASI Alpine Level 3 National Standards for Ski Performance.

Use the warm-up to become familiar with the available terrain and conditions and to observe your peers before the formal assessment activities begin.

Learning Outcomes

Instructor Decisions & Behavior

- Promotes a professional environment by adapting behaviors to positively affect others.

Movement Analysis

- Describes cause-and-effect relationships of all the Technical Fundamentals through all phases of the turn, resulting in an effective prescription for change for skiers through the advanced 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 of activity includes:

- One Integrated Activity
- One Versatility Activity

Activities are selected from the Alpine Level 3 National Assessment Activity List.

Peer Movement Analysis

Purpose

Demonstrate your ability to observe and analyze another skier's performance, describe accurate cause-and-effect relationships using all the Technical Fundamentals through all phases of the turn, and identify an effective prescription for change for skiers through the advanced zone.

What to Expect

- You will be assigned peers who may serve as your Movement Analysis subjects.
- You should use the warm-up to observe your assigned peers informally.

- Before each assessment activity, one peer will be designated as your Movement Analysis subject.
- The assessment uses a Call Down observation method.
- You will stand with the assessors and watch your Movement Analysis subject ski the selected activity.
- The Movement Analysis subject will ski toward the assessors and the observing candidate before stopping nearby.
- You will deliver your Movement Analysis to the assessors, not directly to your peer.
- The assessors may ask questions or engage you in conversation to explore your analysis.
- Each opportunity is a maximum of 8 minutes.

Movement Analysis Focus
Your analysis should demonstrate your ability to describe cause-and-effect relationships between movement and ski performance using all the Technical Fundamentals through all phases of the turn.

Your analysis should lead to an effective prescription for change that is appropriate for skiers through the advanced 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.
- One opportunity will use a Versatility Activity.
- Skiing activities are selected from the Alpine Level 3 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.
- After your initial delivery, the assessors may ask clarifying questions to confirm your understanding or 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, using current PSIA-AASI resources.

Assessment Activities at a Glance

Activity	Opportunities	Activity Types	Primary Focus
Peer Movement Analysis	2	1 Integrated; 1 Versatility	Movement Analysis
Self-Assessment	2	1 Integrated; 1 Versatility	Technical Understanding

Candidate Preparation

- Review the Alpine Level 3 National Standards and Performance Guides.
- Review the Alpine Level 3 National Assessment Activity List.
- Practice describing skiing performance using all the Technical Fundamentals.
- Practice identifying cause-and-effect relationships between body movements and ski performance through all phases of the turn.
- Practice developing effective prescriptions for change for skiers through the advanced zone.
- Practice observing another skier and organizing your observations into a clear, concise 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.