

SENSE-ational Skiing



Learning Outcomes: After attending this presentation you will be able to...

- Describe ski specific body movements and how they relate to the fundamental mechanics of skiing.
- Describe the skills concept, fundamental mechanics of skiing & body movements.
- Describe and demonstrate how the senses (hearing, touch & sight), specific to skiing play an important part in the learning (teaching) process with ski specific at home, stationary and on snow exercises and drills. When we incorporate more than one of the senses into teaching, our minds (as learners), can put together information from all the sense and make a connection with past learning, making the experience more meaningful and useful.

Learning Experience: You will do the following to grow your understanding/knowledge.

- Share out your understanding of skills concept, fundamental mechanics of skiing and body movement when reviewing the PowerPoint presentation with team members.
- Small group collaboration with peers identifying body movements, body parts specific to one of the Fundamental Mechanics of Skiing and identify what we feel, see and hear (words, sounds) when making these body movements.
- Small groups share out their discoveries to the large group specific to body parts involved, efficient body movements that manipulate the fundamental mechanic of skiing assigned (what these movements look like, feel like and how one would describe).

Assessment Activities: You will demonstrate acquired knowledge or skills while....

- Collaborating in small groups of your peers to identify at-home, stationary (on and off snow) and “on the slopes” exercises or drills that develop, refine or enhance the body movements identified in the above Learning Experience, specific to one of the Fundamental Mechanics of Skiing.
- Identify how the senses can be integrated: what do you feel when performing these exercises? What do you see? What does it sound like or how would you describe it?
- Small groups share out their drills, specify what body movements are being developed, enhanced or refined to positively manipulate the assigned fundamental mechanic of skiing, and share cues to what they feel, see, hear and/or describe this exercise to the larger group.
- Peers approve each groups exercises/drills that meet the criteria of identified skill, fundamental mechanic, body movements, body part and senses.

Assessment Criteria: What is the measurable/observable minimum you need to demonstrate to indicate you have achieved the learning outcome?

- During the second small/large group activities you will clearly describe and demonstrate exercises/drills that develop, enhance or refine body movements that manipulate the fundamental mechanic of skiing for the desired ski performance.
- The description and demonstrations of exercises/drills will incorporate the use of the senses (visual, auditory and kinesthetic) to create meaningful and useful instruction.
- You will be able to describe and demonstrate SPECIFIC body movements and where they originate that accurately manipulate fundamental mechanics of skiing for desired ski performance.
- Trainers express they are confident in their ability to conduct these exercises at their staff trainings.
- Group share out: Express how these exercises have confirmed or enhanced your previous understanding of the topic.