

PSIA-AASI NW - Children's Specialist 2 - Movement Analysis Module

National Standards and Learning Objectives

CS 2 National Standards for Movement Analysis - [Current Version](#) (March 2021)

Prioritizes and individualizes cause-and-effect relationships influenced by child growth, skill-development milestones, and equipment options, and offers relevant prescriptions for change for multiple fundamentals through the advanced zone.

The successful CS2 participant will be expected to do the following as they relate to a student's age and stage:

- Evaluate how the application of motor skill-acquisition theories impact motor learning in children.
- Apply an understanding of biomechanics to describe the effect of a child's stage of physical growth and psychomotor development relative to multiple sport-specific fundamentals in all turn phases or XC skills.
- Justify equipment recommendations based on observed movements and stated goals with consideration of the child's performance.
- Outline more than one prescription for change for two different children of different abilities for multiple sport-specific fundamentals to affect the desired outcome.

Movement Analysis Framework

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CAP Model

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Film Group 1

Student Profile	
Age	
Goals	
Movement Analysis	
Observation	
Tool/Snow <i>"I observe the tool doing x at x part of turn"</i>	
Body - (Biomechanics) <i>"I observe body part x doing x movement."</i>	
Evaluation	
Cause & Effect - (Biomechanics) <i>"The body part doing x causes the skis/snowboard to do x."</i>	
Real & Ideal - (Biomechanics & Motor Skill Development) <i>"What did you see vs what would be ideal?"</i> <i>"What is reasonable for this age?"</i> <i>*Note: there are always exceptions</i>	
Prescription	
Focus, Drill, Progression <i>"I want to see the student do x."</i> <i>"I would have the student do x."</i>	
Equipment Options <i>"Describe the influence of equipment on what you observed."</i>	

Film Group 2

Student Profile	
Age	
Goals	
Movement Analysis	
Observation	
Tool/Snow <i>"I observe the tool doing x at x part of turn"</i>	
Body - (Biomechanics) <i>"I observe body part x doing x movement."</i>	
Evaluation	
Cause & Effect - (Biomechanics) <i>"The body part doing x causes the skis/snowboard to do x."</i>	
Real & Ideal - (Biomechanics & Motor Skill Development) <i>"What did you see vs what would be ideal?"</i> <i>"What is reasonable for this age?"</i> <i>*Note: there are always exceptions</i>	
Prescription	
Focus, Drill, Progression <i>"I want to see the student do x."</i> <i>"I would have the student do x."</i>	
Equipment Options <i>"Describe the influence of equipment on what you observed."</i>	

Film Group 3

Student Profile	
Age	
Goals	
Movement Analysis	
Observation	
Tool/Snow <i>"I observe the tool doing x at x part of turn"</i>	
Body - (Biomechanics) <i>"I observe body part x doing x movement."</i>	
Evaluation	
Cause & Effect - (Biomechanics) <i>"The body part doing x causes the skis/snowboard to do x."</i>	
Real & Ideal - (Biomechanics & Motor Skill Development) <i>"What did you see vs what would be ideal?"</i> <i>"What is reasonable for this age?"</i> <i>*Note: there are always exceptions</i>	
Prescription	
Focus, Drill, Progression <i>"I want to see the student do x."</i> <i>"I would have the student do x."</i>	
Equipment Options <i>"Describe the influence of equipment on what you observed."</i>	