

# National Standards and Learning Objectives

**CS 1 National Standards for Movement Analysis - [Current Version](#) (October 2022)**

**Learning Objective:** Identifies and describes cause-and-effect relationships influenced by child growth, skill-development milestones, and equipment options; and offers a relevant prescription for change **for a single fundamental in a group setting through the intermediate zone.**

**Assessment Criteria:** Consistently demonstrates their ability to:

- Describe how motor-skill development impacts motor learning in children.
- Apply an understanding of biomechanics to describe the effect of a child’s stage of physical growth and psychomotor development related to **one sport-specific fundamental in one turn phase** or cross country skill.
- Describe the influence of children’s equipment options on observed movements and stated goals with consideration of the child’s performance.
- Outline **separate prescriptions for change** for children of similar abilities for **one sport-specific fundamental in one turn phase** or cross-country skill.

## Movement Analysis (MA) Framework

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# CAP Model

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<b>FILM CLIP 1</b>	
<b>Student Profile</b>	
Age	
Goals	
<b>Movement Analysis</b>	
<b>Observation</b>	
<b>Tool/Snow</b> <i>"I observe the tool doing x at x part of turn"</i>	
<b>Body - (Biomechanics)</b> <i>"I observe body part x doing x movement."</i>	
<b>Evaluation</b>	
<b>Cause &amp; Effect - (Biomechanics)</b> <i>"The body part doing x causes the skis/snowboard to do x."</i>	
<b>Real &amp; Ideal - (Biomechanics &amp; Motor Skill Development)</b> <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>	
<b>Prescription</b>	
<b>Focus, Drill, Progression</b> <i>"I want to see the student do x."</i> <i>"I would have the student do x."</i>	
<b>Equipment Options</b> <i>"Describe the influence of equipment on what you observed."</i>	

<b>FILM CLIP 2</b>	
<b>Student Profile</b>	
Age	
Goals	
<b>Movement Analysis</b>	
<b>Observation</b>	
<b>Tool/Snow</b> <i>"I observe the tool doing x at x part of turn"</i>	
<b>Body - (Biomechanics)</b> <i>"I observe body part x doing x movement."</i>	
<b>Evaluation</b>	
<b>Cause &amp; Effect - (Biomechanics)</b> <i>"The body part doing x causes the skis/snowboard to do x."</i>	
<b>Real &amp; Ideal - (Biomechanics &amp; Motor Skill Development)</b> <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>	
<b>Prescription</b>	
<b>Focus, Drill, Progression</b> <i>"I want to see the student do x."</i> <i>"I would have the student do x."</i>	
<b>Equipment Options</b> <i>"Describe the influence of equipment on what you observed."</i>	

<b>FILM CLIP 3</b>	
<b>Student Profile</b>	
Age	
Goals	
<b>Movement Analysis</b>	
<b>Observation</b>	
<b>Tool/Snow</b> <i>"I observe the tool doing x at x part of turn"</i>	
<b>Body - (Biomechanics)</b> <i>"I observe body part x doing x movement."</i>	
<b>Evaluation</b>	
<b>Cause &amp; Effect - (Biomechanics)</b> <i>"The body part doing x causes the skis/snowboard to do x."</i>	
<b>Real &amp; Ideal - (Biomechanics &amp; Motor Skill Development)</b> <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>	
<b>Prescription</b>	
<b>Focus, Drill, Progression</b> <i>"I want to see the student do x."</i> <i>"I would have the student do x."</i>	
<b>Equipment Options</b> <i>"Describe the influence of equipment on what you observed."</i>	

<b>FILM CLIP 4</b>	
<b>Student Profile</b>	
Age	
Goals	
<b>Movement Analysis</b>	
<b>Observation</b>	
<b>Tool/Snow</b> <i>"I observe the tool doing x at x part of turn"</i>	
<b>Body - (Biomechanics)</b> <i>"I observe body part x doing x movement."</i>	
<b>Evaluation</b>	
<b>Cause &amp; Effect - (Biomechanics)</b> <i>"The body part doing x causes the skis/snowboard to do x."</i>	
<b>Real &amp; Ideal - (Biomechanics &amp; Motor Skill Development)</b> <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>	
<b>Prescription</b>	
<b>Focus, Drill, Progression</b> <i>"I want to see the student do x."</i> <i>"I would have the student do x."</i>	
<b>Equipment Options</b> <i>"Describe the influence of equipment on what you observed."</i>	