PSIA-I Alpine Task Matrix

The 3 task matrices describe skiing with specific application of different skill blends. Mastery of the tasks in the 3 matrices can help create versatile skiing. All tasks require skilled simultaneous use of all 5 skiing fundamentals. Some tasks may emphasis a larger range of (highlight) a particular fundamental. Other tasks represent standard demonstrations (basic blends) of traditional benchmarks in a skier's progression. Lastly, some tasks illustrate how a skier adapts (applies) their skill blend to the varied mountain environment. An instructor should also be able to describe, demostrate and prescribe each of these tasks appropriately in a lesson.

Applied Skills Task Matrix v2.0 9/16/15

These tasks require a skier to adapt skill blends to different mountain environments (snow conditions, terrain steepness, or width of skiing corridor) creating optimal ski performance for the situation.

L3	L2	L1	Task	Terrain	Ski Performance	Body Performance
		Level 1	**Free Ski Parallel (Varied Turn Sizes)**	Groomed Blue Terrain	Skis leave brushed tracks Skis remain the same distance apart Skis tip and turn at same time and rate	Tipping movements come from legs and are at the same rate/time Legs turn under a stable upper body and they rotate at same time and rate Fore/aft adjustments keeps center of mass centered over base of support
			Free Ski (Varied Turn Sizes)	Ungroomed Blue Terrain	Skis are used to shape a turn with a rounded finish (no edge set) Skis maintain contact with the snow during turn transition Front of ski bends from shaping phase to finish phase	Ankles remain flexed and the center of mass moves within the base of support (between the bindings) Legs turn under a stable upper body and they rotate at same time and rate
	L2		**Task**	**Terrain**	**Ski Performance**	**Body Performance**
		Level 2	**Short Radius**	Groomed Blue Terrain	Skis bend from tip to tail in a majority of turns Pivot point is roughly under the center of the foot, skis turn at the same rate and time Skis tip simultaneously	Center of mass remains centered over base of support Tipping movements originate in lower legs under a stable upper body Legs turn under a stable upper body and they rotate at same time and rate
			Moguls	Ungroomd Blue or Easy Black Terrain with Moguls	Skis mostly maintain contact with the snow Skis bend from tip to tail in a majority of turns Pivot point is roughly under the center of the foot, skis turn at the same rate and time Skis tip simultaneously	Flexion and extension movements allow absorption Center of mass remains centered over base of support Turning movements are progressive and appropriate to the terrain Turning movements come from legs and are mostly separate from the upper body Tipping movements originate in lower legs under a stable upper body

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	Free Ski Parallel (Varied Turn Size)	Ungroomed Blue or Groomed Black Terrain	Skis maintain contact with the snow when appropriate Skis bend from tip to tail in a majority of turns Skis tip simultaneously Pivot point is roughly under the center of the foot, skis turn at the same rate and time	Flexion and extension movements allow absorption Center of mass remains centered over base of support Turning movements are progressive and appropriate to the terrain Turning movements come from legs and are mostly separate from the upper body Tipping movements originate in lower legs under a stable upper body

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L3	Task	Terrain	Ski Performance	Body Performance
Level 3	**Dynamic Short Radius**	Groomed Blue or Black Terrain	Skis carve as much as possible in shaping phase given terrain, conditions, and ski design Skis send center of mass across the hill at least 1 meter Skis are tipped before turned Skis are parallel with similar edge angles Both skis are engaged and bent in shaping phase	Fore/aft pressure control is managed through proportional flexion/extension of all joints Tipping movements come from a combo of inclination and agulation Both legs rotate in hip socket at same rate/time Active flexion/extension movements manage pressure and support release
	Moguls	Ungroomed Black Terrain with Moguls	Skis maintain contact with the snow when appropriate Skis bend from tip to tail in a majority of turns Pivot point is roughly under the center of the foot, skis turn at the same rate and time to match terrain variations Skis tip and release simultaneously commensurate with terrain and allow tips to move into the fall line	Flexion and extension movements allow absorption and release at initiation Extension movements allow turn shaping The duration, intensity, and rate of tipping movements are varied to accommodate high speed and fall line skiing Turning movements come from legs and are mostly separate from the upper body
	Off Trail Basic Parallel Medium Radius	Blue or Easy Black Terrain with Ungroomd Snow or Moguls	Turn shape used to maintain a constant slow speed Skis maintain constant ski to snow contact Turn tracks are skidded with no edge set	Body moves with variations in terrain and snow. Upper body alings with outside ski throughout the turn. Legs steer the ski
	Dynamic Freeski (Varied Turn Size)	Groomed or Ungroomed Black Terrain	Skis maintain contact with the snow when appropriate Skis bend from tip to tail in a majority of turns Pivot point is under the center of the foot, skis turn at the same rate and time to match terrain variations Skis tip and release simultaneously commensurate with terrain and allow tips to move into the fall line	Flexion movements facilitate absorption and release at initiation when appropriate Extension movements allow turn shaping The duration, intensity, and rate of rotation is varied to accommodate high speed and fall line skiing The duration, intensity, and rate of tipping movements are varied to accommodate high speed and fall line skiing Tipping movements originate in lower legs under a stable upper body