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.

Basic Blended Skills Task Matrix v2.0 9/16/15

Basic blended tasks represent standard benchmarks in the progression of skier. In an assessment, instructors will permform these tasks in order to confirm their skill blending accuracy. They are also used to visually communicate to a student the desireable application of skiing fundamentals.

L3	L2	L1	Task	Terrain	Ski Performance	Body Performance
		Level 1	**Straight Run**	Groomed Green	Skis remain parallel and straight Skis bend from tip to tail Skis remain flat, all 4 edges touching the snow	Joints flex proportionately to maintain center of mass over base of support Hands are carried at a height between the belt line and the abdomen Hands are carried slightly wider than the torso and elbows are ahead of the torso Weight distriuted equally between both feet
			Wedge Turn	Groomed Green	Ski tips are turned towards each other and skis are displaced slightly to create wedge relationship Skis bend from tip to tail Both edges release at initiation Tips move downhill at initiation Skis turn at the same rate throughout the turn	Joints flex proportionately to maintain center of mass over base of support Rotary movements come from legs under stable upper body Tipping comes from lower legs under a stable upper body Weight distributed more towards outside foot
			Wedge Christie	Groomed Green	Skis bend from tip to tail Both edges released at initiation Tips move downhill at initiation Wedge is formed above the fall-line Skis are matched to parallel after the fall-line	Joints flex roughly proportionately to maintain center of mass over base of support Rotary movements come from legs under stable pelvis Tipping comes from ankles and legs plus slight displacement of skis Weight distributed more towards outside foot

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L2	Task	Terrain	Ski Performance	Body Performance
Level 2	**Wedge Turn**	Groomed Green	Ski tips are turned towards each other and skis are displaced slightly to create wedge relationship Skis bend from tip to tail Both edges release at initiation Tips move downhill at initiation Skis turn at the same rate throughout the turn	Joints flex proportionately to maintain center of mass over base of support Rotary movements come from legs under stable upper body Tipping comes from lower legs under a stable upper body Weight distributed more towards outside foot
	Wedge Christie	Groomed Green	Skis bend from center Both edges released at initiation Tips move downhill at initiation Outside ski turns faster to fall-line to create wedge Inside ski turns faster from fall-line to create parallel relationship	Fore/aft and vertical adjustments keeps center of mass centered over base of support Weight shifts to outside foot turn through the turn's shaping phase Tipping and turning come from legs and are blended to guide skis onto edge
	Basic Parallel	Groomed Blue	Skis leave brushed tracks Skis remain same distance apart Skis tip at same time and rate Skis turn at same time and rate	Legs turn consistently under a stable upper body Tipping movements come from legs and are at the same rate/time Both legs rotate at same rate Fore/aft adjustments keeps center of mass centered over base of support

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L3	Task	Terrain	Ski Performance	Body Performance
Level 3	**Basic Parallel**	Groomed Blue	Skis leave brushed tracks Skis remain same distance apart Skis tip at same time and rate Skis turn at same time and rate	Legs turn consistently under a stable upper body Tipping movements come from legs and are at the same rate/time Both legs rotate at same rate Fore/aft adjustments keeps center of mass centered over base of support
	Dynamic Parallel	Groomed Blue or Black Terrain	Skis change edges simultaneously at start of turn Skis bend most in shaping phase Skis leave thin tracks in snow during shaping phase of turn Skis turn primarily by being tipped and bent Both skis tip same amount and rate throughout turn	Fore/aft adjustments keeps center of mass centered over base of support Body moves forward at initiation Skis edged with progressive use of lower legs, angulation AND inclination Inclination increases from initiation phase to shaping phase Inclination is increased in shaping phase Angulation increases from shaping phae to finishing phase