PSIA-I Alpine Task Matrix

L3	L2	L1	Task	Skills	Ski Performance	Body Performance	Tactics
	Level 2	Level 1	**Guided Uphill Arc**	**Rotary/Pressure Control**	• Skis turn the same amount • Skis turn progressively • Skis bend from the center	• Turning comes from legs under a stable upper body • Tipping movements are continuous through arc • Tipping movements come from feet and legs • Joints flex roughly proportionately to keep CoM over base of support	• Blue Terrain
			Carved Uphill Arc	**Rotary/Edging**	• Skis track two lines in snow in an arc • Skis tip for the same duration, rate, and time • Skis bend from center	• Tipping movements come from feet and legs • Tipping movements are continuous through arc • Joints flexed roughly proportionately to maintain CoM over base of support	• Blue terrain • May be groomed or variable
			Vertical Side Slip	**Edging/Pressure Control**	• Skis slip at a consistent rate • Skis maintain parallel relationship • Uphill ski is ahead of downhill ski	• Legs rotated under a stable pelvis and upper-body • CoM is Balanced towards the downhill foot	• Skis slip in the fall line • Groomed blue terrain
			Leapers	**Rotary/Pressure Control**	• Skis leave ground on uphill edges • Both skis leave and land on the ground at the same time • Skis land on downhill edges • Skis shape a round turn	• Extension movements come from legs; intensity and rate facilitate take off • Flexion movements facilitate a controlled landing • Upper body remains stable during takeoff and landing • Tipping/turning movements come from legs under stable upper body	• Turns may be skidded or carved depending on terrain and snow condition • Body is long at the start of the turn and short to finish • Green or blue terrain
			Railroad Track Turns	**Edging/Pressure Control**	• Tails follows tips to create carved ski performance • Tracks are linked in both direction • Skis stay the same distance apart • Skis flatten and tip at the same rate, time, and for same duration	• Tipping movements come from legs under stable upper body • Tipping movements are progressive • Flexion and extension movements are progressive and keep center of mass over base of support	• Corridor is fall line oriented, maximum of one cat track • No pole touch is present • Green terrain
			Tracer Turns	**Edging/Pressure Control**	• One ski remains weighted • Skis turn at a consistent rate through all three phases • Non weighted ski remains on the snow and parallel to weighted ski • Tracks are linked in both direction	• Tipping movements come from leg under stable upper body • CoM remains balanced over weighted ski • Flexion and extension movements are progressive and keep center of mass over base of support	• Blue terrain • Turns may be skidded or carved depending on terrain • Terrain may be groomed or variable
			Thousand Step Turns	**Edging/Pressure Control**	• Continuously step from edged ski to edged ski while turning both directions • Each ski is lifted parallel to the ground in each step • Skis are pressured from center when on the ground • Leave a well-defined track in the snow with each step	• Weight switches from foot to foot through independent flexion/extension of the legs • Fore/aft and lateral balance is maintained over the weighted ski • Edging movements come from the lower body	• Control speed by going back up the hill at turn finish • Medium or large turns • Green or blue terrain
			Linked Pivot Slips	**Rotary/Pressure Control**	• Skis are twisted simultaneously at a consistent rate • Pivot points are under center of each ski • Skis are tipped at same time and rate • Skis pivot for roughly same duration as they slip	• Turning comes from legs under stable upper body and pelvis, promoting upper-lower body separation	• Corridor is less than one cat track • Groomed blue terrain
			How Slow Can You Go	**Rotary/Edging**	• 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	• Go as slow as possible • All groomed terrain • Use pole plant to maintain rhythm

PSIA-I Alpine Task Matrix

L3	Task	Skills	Ski Performance	Body Performance	Tactics
Level 3	**Hop-Turns**	**Rotary/Pressure Control**	• Skis leave the ground at the same time • Skis are rotated approximately 180 degrees in the air • Skis maintain a roughly parallel relationship through take off, rotation and landing • Pivot point is under the foot	• D.I.R.T changes relative to speed and slope of hill so that matching is natural • Extension movements are timed with release • Flexion movements at finish phase facilitate balance towards the outside foot • Legs turn against pelvis and upper body • Blocking pole plant may assist leg rotation	• Fore/aft travel of the skis is minimal • Little to no lateral displacement of the skis on the snow
	One Footed Garlands	**Edging/Pressure Control**	• Tail follows tip to create carved ski performance • Track is linked in both directions • Lifted ski remains relatively level to snow • Ski Tips Progressively • Tipping movements come from leg under stable upper body	• Lifted leg remains fairly quiet and under the pelvis • Flexion and extension movements are progressive and keep center of mass over base of support	• Performed while going across the hill • Poles may be used to assist movement of CoM towards new turn
	Pivots Slip Change-ups	**Rotary/Pressure Control**	• Skis are twisted 90 degrees into fall line, then twisting stops • Skis straight run in line fall line then are twisted 90 degrees out of fall line to complete 180 degree rotation	• Both skis are twisted at the same rate • Skis tip/release at same time and rate • Turning comes from legs under stable upper body and pelvis, promoting upper-lower body separation	• Corridor is less than one cat track • Groomed blue or black terrain
	White Pass Turns	**Pressure Control/Edging**	• Inside ski is lifted in the finish phase and remains lifted through initiation as it becomes the outside ski • Ski that is off the snow is relatively level to the snow without the tip or tail touching to assist in the turn • New outside ski is placed on the ground and pressured in the shaping phase • Transition (Finish/Initiation) is on one ski	• Ski(s) turn at a consistent rate through all three phases • CoM remains balanced over the outside ski through finish phase and remains balanced on the same ski through initiation • Outside leg is extended through shaping to facilitate balance towards the outside ski	• Performance may be skidded or carved depending on terrain and speed
	Varied Pole Touch Dynamic Short Turns	**Rotary/Edging**	• Ski performance is carved as possible in shaping phase given terrain, conditions, and ski design	• Alternate between double pole plant, single pole plant and no pole plant every few turns • Both legs rotate in hip socket at same rate and time • Tipping movements come from a combination of inclination and angulation	• Green or Blue groomed terrain • Primary focus is on disciplined upper body movements
	Edge Change on Flexion	**Pressure Control/Edging**	• Turn shape is consistent and controls speed • Skis change edges simultaneously at start of turn • Tipping is increased in shaping phase • Skis begin to flatten in finish phase • Skis remain same width apart	• All joints in the body flex proportionately during the edge change • All joints in the body extend progressively and proportionately during shaping and finishing phase • Subtle fore/aft adjustments keeps center of mass centered over base of support	• Body is short at the start of the turn and long to finish • Focus primarily on sequence of movement over turn quality

The Alpine Task Matrix is used to describe the self-assessment tasks and the skills of rotary, edging, or pressure control in isolation. Each task should be used to assit the candidate in delevoping masterry of each of the components of the skills concept. Candidates are responsible for tasks within the certification level they are testing towards and those in levels already attained.