

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 emphasize 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, demonstrate and prescribe each of these tasks appropriately in a lesson.

Highlighted Skills Task Matrix v4.0: updated on 12/2/16

These tasks represent exercises and teaching tools that enhance a skier's versatility. This collection of movements can be used to evaluate the quality of a skier's movement patterns, identify misunderstandings, and structure meaningful practice. In isolation these tasks do not represent skiing or good skiing. However, each task can improve skiing when appropriately prescribed and practiced. Candidates should become familiar with the tasks within the certification level they are testing towards and the tasks that precede them.

L3	L2	L1	Task	Highlighted Skills	Task Description	Key Element
		Level 1	Guided Uphill Arc Blue Groomed	Rotary Control	Begin gliding down the slope with parallel skis. Then guide the skis into a progressive arc that goes back up the slope leaving a skidded track	The legs do more twisting than tipping and the upper body remains oriented down the fall line.
			Carved Uphill Arc Blue Groomed	Edge Control	Begin gliding down the slope with parallel skis. Then tip the skis into a progressive arc that goes back up the slope, leaving a carved track	The legs do more tipping than twisting and the upper body remains level (parallel to the angle of the slope).
			Straight Run Leapers Green Groomed	Pressure Control Over-all magnitude	Begin gliding down the slope with parallel skis. Pop so the skis leave the snow, then land softly. The skis remain parallel to the slope at all times.	The knees and hips extend to create hop and then flex to absorb the landing.
			Skate on Flat Terrain Green Groomed	Pressure Control Foot to foot	Tip one of the skis on its inside edge and then push off of it in order to glide on the other ski. Repeat this process by tipping the gliding ski on to its edge and pushing off of it.	The upper body adjusts to balance over the gliding ski.
			Vertical Side Slip Blue Groomed	Pressure Control Fore-aft	Begin with parallel skis aimed across the fall line. Skis slip down the slope in a corridor with a consistent width. Perform facing both directions.	Both ankles are flexed equal amounts and the forward angle of the upper body matches the angle of the lower legs.

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L2	Task	Highlighted Skills	Task Description	Key Element
Level 2	Leapers Green or Blue Groomed	Pressure Control - Over-all magnitude	While making round medium radius turns hop so that the skis change edges in the air. Both skis take off and land at the same time.	Make extension and flexion movements with the lower body while the upper body remains stable.
	Railroad Track Turns Green Groomed	Edge Control	Make a shallow, purely carved turn in a corridor that is about one cat track wide.	Make tipping movements with the lower body under a stable upper body.
	Tracer Turns Blue Groomed	Pressure Control Foot to foot	Make round medium radius turns while balancing on one ski. The other ski remains in contact with the snow. Switch skis after 5 turns. All turns should be the same size and shape.	Use lower body tipping movements. Balance the upper body over inside edge.
	Thousand Step Turns Green or Blue Groomed	Pressure Control Foot to foot	Make round large radius turns while continuously stepping from edged ski to edged ski. The ski should leave a well-defined track in the snow with each step.	Make independent flexion and extension movements with the legs. Balance the upper body over the inside edge of each ski.
	Linked Pivot Slips Blue Groomed	Rotary Control	Simultaneously twist the skis across the hill and hold a slip down a corridor that is less than one cat track wide. Pivot and slip the skis for roughly same duration.	Turning comes from legs so that the upper body is continuously directed down the corridor
	How Slow Can You Go Green or Blue Groomed	Rotary Control	Make round medium radius turns maintaining your slowest possible speed. The skis should leave a brushed track throughout each turn.	Continuous and simultaneous turning comes from the legs. During the finish phase the upper body aims in the direction of the new turn.
	Straight Run w/ one ski hop Green Groomed	Pressure Control Fore-aft	Maintain a straight run while balancing on one ski. Hop and land on that ski. Then, switch to the other ski and repeat. The tip and tail should leave and land on the snow at the same time.	Coordinate extension and flexion of the hip and knee joints to perform the hop and landing. The ankle remains flexed.

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	<p>Hockey Stop Blue Groomed</p>	<p>Edge Control</p>	<p>From a straight run, pivot the skis into a sideslip. Hold the sideslip for 10 meters in a corridor that is 2 ski lengths wide. Then make a crisp edge set. Use a pole plant at edge set and hold it for 3 seconds. Alternate sides performing 2 in each direction.</p>	<p>Adjust the lower body's tipping movements to control the edge angle of both skis equally. Use the upper body to position the downhill pole slightly forward and downhill from the downhill foot.</p>
	<p>Stork Turn Blue Groomed</p>	<p>Pressure Control Fore-aft</p>	<p>Make round large radius turns with the tail of the inside ski lifted through all 3 phases of the turn. Flex the shovel of the outside ski to shape the control phase of the turn.</p>	<p>Coordinate the flexion movements of the hip and knee to raise inside ski tail with the extension movements of the hip and knee to bend the front of the outside ski.</p>
L3	Task	Skills	Task Description	Key Element
	<p>Hop-Turns Blue or Green Groomed</p>	<p>Pressure Control Fore-aft</p>	<p>Hop the skis off the ground, twist them across the fall line and land with both edges engaged. The skis maintain a parallel relationship to the slope during take off, rotation and landing. Upon landing, fore-aft travel of the skis is minimal.</p>	<p>Coordinate knee and hip extension and flexion to create explosive hop and a soft landing. Ankles remain flexed. Upper body discipline/pole usage add stability to the lower body.</p>
	<p>Short Turn Leapers Blue Groomed</p>	<p>Pressure Control Fore-aft</p>	<p>While making round, short radius turns within a 5 meter corridor hop both skis off the snow to change edges. The skis remain parallel with the slope at all times.</p>	<p>Ankles, knees and hips flex through turn completion to set up a forceful extension up and across skis.</p>
	<p>Pivot Slips/Short Radius Combo Blue Groomed</p>	<p>Edge Control</p>	<p>Begin with 5 round short radius turns followed by 5 linked pivot slips. Repeat cycle twice. Short turns stay within 4 meter corridor and pivot slips stay within a 2 meter corridor. A consistent speed is maintain throughout by limiting the skis edge anle when ever they are across the hill.</p>	<p>Control edge angle by alternating between knee and hip angulation</p>
	<p>Railroad Track Garland Blue Groomed</p>	<p>Edge Control</p>	<p>A series of carved, linked turns with shallow shape made while going across the fall line. Make 2 passes in each direction. The ski tails follow the ski tips while turning in both directions.</p>	<p>Edge angle is controlled with the use of knee and hip angulation while the upper body realigns with the outside ski</p>
	<p>1 Ski Hockey Stop Blue Groomed</p>	<p>Rotary Control</p>	<p>Begin in a straight run balanced on 1 ski. Pivot the ski across the fall line on the downhill side. Maintain a slip for at least 2 meters and then stop. Stay within a corridor that is two ski lengths wide.</p>	<p>Legs turn against upper body. Upper body remains aimed down the corridor.</p>

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Level 3	<p>Retraction Pivot Slips Blue or Black Groomed</p>	<p>Pressure Control - Over-all magnitude</p>	<p>Perform a series of linked pivot slips. Simultaneously reduce pressure on both skis and release the edges prior to the pivot phase. Maintain a constant rate of decent.</p>	<p>The lower and upper body flex together simultaneously absorbing pressure and releasing edges. Body extends to add pressure and engage edges during slip phase.</p>
	<p>One Footed Garlands Blue Groomed</p>	<p>Pressure Control Foot to foot</p>	<p>While skiing across the hill, make a series of round short radius turns with one ski lifted. The track is brushed and turns are linked in both directions. Go across the hill in both directions before switching skis.</p>	<p>Turning movements come from leg under stable upper body Lifted leg remains fairly quiet and under the pelvis</p>
	<p>Pivots Slip Change-ups Blue or Black Groomed</p>	<p>Rotary Control</p>	<p>Begin in the side slip position and slip for 3 ski lengths. Twist the skis into fall line. Stop the twisting and hold a straight run for 3 ski lengths. Then twist the skis again in the opposite direction to complete the pivot. Hold a slip and repeat. The rate of all rotation is the same. Stay within a corridor width that is 2 ski lengths wide.</p>	<p>Turning comes from legs against a stable upper body. The upper body remains aimed down the corridor.</p>
	<p>White Pass Turns Blue or Black Groomed</p>	<p>Pressure Control Foot to foot</p>	<p>Make large radius turns on one ski. Change edges while positioned over the downhill ski. Switch to the new outside ski during the shaping phase of each turn. The track is carved.</p>	<p>Lower leg tipping is used to release and engage the edges. Outside leg is tipped to the inside during the shaping phase and upper body is positioned over the outside ski to facilitate balance.</p>
	<p>Edge Change on Flexion Blue Groomed</p>	<p>Pressure Control - Over-all magnitude</p>	<p>While making a series of round large radius turns, simultaneously reduce the pressure on both skis and change edges. The over-all magnitude of pressure is highest in shaping phase and lowest in the finish phase.</p>	<p>The lower and upper body flex and extend together. The body is shortest during edge change when the skis are flat and longest during the shaping phase when the skis have the highest edge angle.</p>