



Senior Specialist Feedback Sheet – SS1

Participant: _____

Date: _____

Location: _____

Clinician: _____



ATTAINED – The understanding of the material and the ability to display necessary skill blends have been shown.



DEVELOPING – Before SS1 can be attained, further development in the participant's understanding of the material and/or ability to display the necessary skill blends needs to be enhanced.

SENIOR-SPECIFIC PERFORMANCE

Balancing Movements and Stance

- Maintains an open stance displaying rotational, lateral and fore/aft alignment.
- Uses forward/diagonal movements to maintain boot cuff contact.
- The Skeletal frame is aligned and joints are stacked, minimizing muscle fatigue and stress.

Pressuring Movements

- Demonstrates a progressive and smooth transition of pressure to a new outside ski at turn initiation.
- Demonstrates continuous flexion and extension movement patterns to enhance flow and smooth transitions, reducing impact stress.

Rotary Movements

- Demonstrates progressive steering of the legs to assist in turn shape and speed control.
- Demonstrates an ability to blend rotary movements with edging movements.
- Develops counter through turning the legs more than the upper body.

Edging Movements

- Demonstrates progressive edging and de-edging movement patterns.
- Demonstrates appropriate skidding movements to minimize pressure loading on joints utilizing a long (tall), slightly inclined stance for skeletal strength and to reduce muscle fatigue.

TEACHING & PROFESSIONAL KNOWLEDGE

- Shows ability to articulate, discuss and synthesize the Learning Partnership as it applies to Seniors.
- Successful Completion of Workbook.
- Instructor Behavior for the Senior Lesson**
- Shows an understanding of Maslow's Theory, Guest description, Guest needs, Effective use of mountain playground, Wrap-up.

Senior Student Profile

- Cognitive: Shows an understanding of developmental milestones, behaviors, learned movement patterns, roadblocks.
- Affective: Shows an understanding of client desires, goals and history.
- Physical: Shows an understanding of real vs. ideal movement patterns, medical issues, VAK and low impact/low fatigue movements.

WRITTEN FEEDBACK
