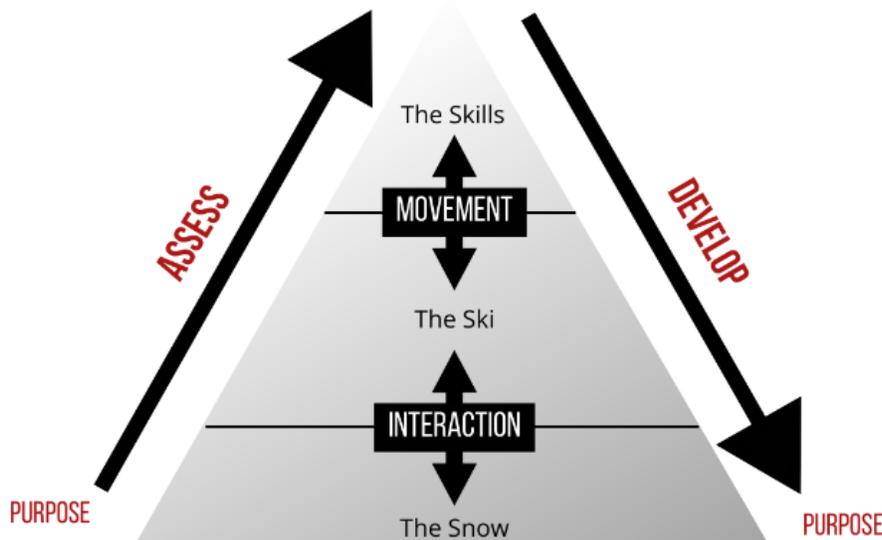


Technical Blueprint: A Purpose Based Approach

The PSIC's *Technical Blueprint* is designed to help guide both the assessment and development of functional skiing. It provides a simple system to help ski instructors understand and prioritize skill development in the technical aspects of a lesson — based on ***the purpose***.

At the core of the Blueprint is a desire to create functional skiing, driven by student-centered, situation-specific teaching. It adheres to key principles from the science of skiing (force and balance) as well as the science of learning. It also means the question of 'what is good skiing' must consider the intention — referred to here as the purpose.



© Professional Ski Instructors of Canada

The snow is at the base of the model as it provides the reaction forces that make skiing what it is. How the tool (**the ski**) interacts with the snow surface dictates the outcomes of any skiing situation. **Assessment** of skiing is often most accurate and effective when the **ski-to-snow interaction** is observed first with the snow condition in mind. Assessing the skier's **movement** is the next step and offers answers to why that interaction is taking place in the way that it is. Movement is what controls the skis and is described with **the skills** in mind which direct the movement to affect the ski and therefore the ski-to-snow interaction. Conversely, **development** can be approached from the top of the Blueprint working to the bottom. Adjusting the skills that manipulate the skis through the skier's movements is how the teacher helps the student realize their purpose and discover new and different outcomes.



Let's define these concepts individually:

The Purpose: A predetermined goal, intention, or objective in a given situation and considering the individual's capability and skillset. It can include, but is not limited to, speed, shape, size, and performance. This asks and answers the question – *Why?* With this knowledge the assessment can remain objective — *purpose provides perspective!*

The Skills: There are three control skills: rotational control, edge control and pressure control.

The Ski: The vehicle, varying in length, radius, width, and stiffness. The technical specifications of the skis, and the condition of the snow plays a major part in helping the skier realize their purpose in any given situation.

The Snow: There are endless conditions and qualities of snow, all of which will cause the skis to react differently.

The exact same manipulation of the skis can have vastly different results for the skier from one snow condition to another.

Ski-to-Snow Interaction: Where the “rubber meets the road” and provides a litmus test exposing the realities of the purpose and the outcome. It is the result of all of the inputs made.

Movements: Goal-oriented, efficient, and effective — based on Principles of Kinesiology.

Assessment: Starting with the purpose of the skiing (the *why*) and seeking an understanding of *how* it happened. It is the ski-to-snow interaction that tells us *what* happened, and skills and movements that tell us *how*. Movements and skills hold these answers as the assessment loops back around to the development.

Development: Development starts by directing the movements of the skier in relation to the appropriate or desired skill blend. This manipulation of the skis yields a result for the skier's desired purpose.

The purpose-based approach is a non-prescriptive approach to an assessment based on skills; resulting in a developmental pathway which leads to functional skiing in all situations and environments, and is based on the abilities of the individual and the tools they have selected (the skis).