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Alpine Technical Manual: Skiing And Teaching Skills



Synopsis

A companion to Core Concepts for Snowsports Instructors, this manual addresses the fundamental PSIA concepts for alpine skiing, including stepping stones and the skills concept. Lesson planning, teaching practices, movement mechanics, and ski performance are all covered. It incorporates features of American skiing, ski performance, movement analysis, skier zones, slope etiquette, and boot alignment issues. Skiing drills, lesson tips, and beautiful skiing photos in full color are designed to boost your teaching expertise, letting both you and your students enjoy the process of learning. 8 x 11". 92 pages.

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