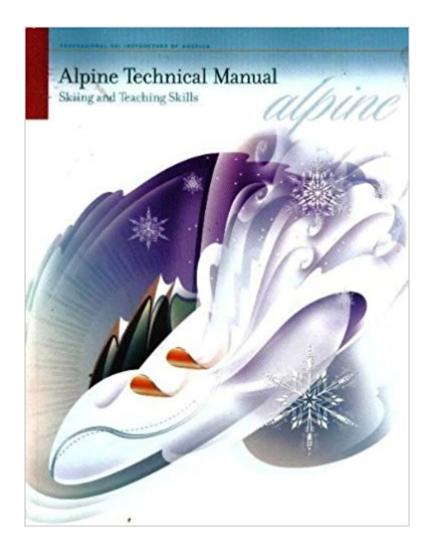


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Alpine Technical Manual: Skiing And Teaching Skills





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.

Book Information

Paperback: 76 pages Publisher: Professional Ski Instructors of America (2002) Language: English ISBN-10: 1882409221 ISBN-13: 978-1882409228 Package Dimensions: 10.7 x 8.2 x 0.3 inches Shipping Weight: 1.6 pounds Average Customer Review: Be the first to review this item Best Sellers Rank: #2,242,002 in Books (See Top 100 in Books) #75 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #2016 in Books > Sports & Outdoors > Winter Sports

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