



PROFESSIONAL SKI INSTRUCTORS OF EUROPE EST 2024

The Method

The Method, developed by the PSIC, serves as our blueprint for training ski professionals to deliver *The Adventure*. It encompasses the concepts, strategies, tactics, and tools used to cultivate lifelong passionate skiers through the expert delivery of mountain experiences. *The Adventure* outlines the key elements of a fun, safe, learning environment and *The Method* details how the PSIC develops the individual competencies within each component. It is how we teach skiing.

The Method seamlessly translates the science of skiing and the science of learning into practical applications. This process enriches ski professionals' comprehension of skiing mechanics (how skiing works) and nurtures critical thinking (how to think). Furthermore, *The Method* provides ski professionals with crucial knowledge and teaches them how to apply it practically, using a student-focused approach tailored to specific skiing contexts.

From a pedagogical perspective, *The Method* is underpinned by robust research in areas like motor skills acquisition, educational psychology, and the intricacies of expert performance. These insights not only inform our curriculum but also amplify the capabilities of our professionals, enabling them to adeptly handle a myriad of teaching scenarios.

Equally significant, the science of skiing is anchored in a foundational understanding of physics and classical mechanics. This base is further expanded to encompass the nuances of human movement in motion. We distill the complexity of this knowledge into our core concepts: Force and Balance. Understanding the mechanics of skiing paves the way for precise technical development strategies and is crucial for crafting safe and effective learning settings. Importantly, this "first principles" approach ensures *The Method's* accuracy, reliability, and consistency, promoting a unified language within the instructor community on both national and global scales.

In essence, *The Method* is a holistic training framework designed to equip ski professionals with the knowledge and skills to deliver *The Adventure* (defined by Fun, Safe, Learning). Our aim is to cultivate passionate skiers through a student-oriented and flexible approach.