

National Unit Specification: General Information

UNIT	Sporting Activity – Alpine Skiing (Intermediate 2)
NUMBER	D709 11
COURSE	This is a free standing unit that may be used as part of a Scottish Group Award or be associated with other programmes of study in schools, colleges of further education or other centres.

SUMMARY

On successful completion of this unit, the candidate will be able to perform skilfully at a recreational level, explain the role of different rules and procedures, complete a relevant short term fitness programme and analyse the requirements of skilful performance in the sporting activity.

OUTCOMES

- 1 Perform skilfully in the sporting activity at a recreational level.
- 2 Explain the role of different rules and procedures in the sporting activity.
- 3 Complete a relevant short term training programme for the sporting activity.
- 4 Analyse the requirements of skilful performance in the sporting activity.

RECOMMENDED ENTRY

While entry is at the discretion of the centre, candidates would find it advantageous to have attained one or more of the following:

- D709 10 Sporting Activity – Alpine Skiing (Intermediate 1)
- a General level award in Standard Grade Physical Education
- a unit, units or course in Physical Education at Intermediate 1
- other relevant prior experience in physical education, including experience outwith certificated courses.

CREDIT VALUE

1 credit at Intermediate 2.

Administrative Information

Superclass:	MF
Publication date:	December 1998
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Version:	01

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CORE SKILLS

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 1999).

National unit specification: statement of standards

UNIT Sporting Activity – Alpine Skiing (Intermediate 2)

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

OUTCOME 1

Perform skilfully in the sporting activity at a recreational level.

Performance Criteria

- a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.
- b) Appropriate decisions during performance are made in contexts that relate to a recreational level.
- c) Appropriate movement patterns during performance at a recreational level are used.

Evidence Requirements

Evidence should be generated through candidates' active participation that satisfies the three performance criteria.

The tutor should record evidence of performance, for example through a marked checklist or brief explanatory comment.

The tutor should record for performance criterion (a) the essential elements that are required in a minimum of six relevant techniques.

The tutor should record for performance criteria (b) and (c), the decisions in context and movement patterns that are required at a recreational level.

OUTCOME 2

Explain the role of different rules and procedures in the sporting activity.

Performance Criteria

- a) Explain the purpose of the major rules that define performance in the sporting activity.
- b) Explain the purpose of the major procedures that define performance in the sporting activity.
- c) Explain the purpose of appropriate sporting behaviour in enhancing participation in the sporting activity.

Evidence Requirements

Oral or written evidence that explains the purpose of six major rules and procedures and three examples of sporting behaviour that enhances participation in the sporting activity.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

National unit specification: statement of standards (cont)

UNIT Sporting Activity – Alpine Skiing (Intermediate 2)

OUTCOME 3

Complete a relevant short term training programme for the sporting activity.

Performance Criteria

- a) Relevant fitness factors are correctly chosen for the sporting activity.
- b) Appropriate training programmes for improving physical fitness in the sporting activity are described.
- c) Information is recorded about fitness development.
- d) A short term training programme is completed.
- e) The effects of the fitness programme on performance are discussed.

Evidence Requirements

Oral or written evidence that correctly shows how relevant physical fitness factors and an appropriate training programme were chosen for the sporting activity.

The tutor should record evidence of oral responses for performance criteria (a) and (b), for example through a marked checklist or brief explanatory comment.

For performance criterion (c) information is required to be recorded by candidates about their fitness development. This could be in the form of a training diary, video clips, computer data or a personal evaluation of fitness development. This should be confirmed by the tutor.

For performance criterion (d) candidates will be required to complete a minimum of three fitness sessions.

For performance criterion (e) the effectiveness of the short term training programme should be discussed. The analysis of the training programme should use the information collected in performance criterion (c) combined with the candidates' judgements about the training programme through completing the fitness sessions. The effectiveness of the short term training programme as part of a longer term programme should be discussed.

The tutor should record evidence of performance for performance criteria (d) and (e), for example through a marked checklist or brief explanatory comment.

OUTCOME 4

Analyse the requirements of skilful performance in the sporting activity.

Performance Criteria

- a) Key features of skilful performance are correctly explained for the sporting activity.
- b) Suggestions for improving the key features of skilful performance are accurate for the sporting activity.

National unit specification: statement of standards (cont)

UNIT Sporting Activity – Alpine Skiing (Intermediate 2)

Evidence Requirements

Oral or written evidence that correctly explains the key features of skilful performance in the sporting activity and suggestions for improving them. These key features should be used for suggesting improvements to performance.

The tutor should record evidence of oral responses, for example through a marked checklist or brief explanatory comment.

National unit specification: support notes

UNIT Sporting Activity - Alpine Skiing (Intermediate 2)

This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

GUIDANCE ON CONTENT AND CONTEXT

Candidates will develop their performance at a recreational level in a single activity. Consideration should be given to candidates' interest, motivation and expertise and the centre's available facilities and resources. The development of performance and applying the principal rules of the activity should take place in practical contexts. Likewise the specific value of different fitness factors and techniques within the selected activity should take place in practical contexts.

This unit refers to the term 'skill' as being able to be performed or applied. Techniques are demonstrated within skilful performance contexts. Hence in outcome 1 the term used is 'perform skilfully' whilst the performance criterion refers to 'techniques appropriate to a recreational level'.

The term 'recreational' is used to refer to candidates who are further developing their performance within a sporting activity and who are able to perform with greater overall consistency.

GUIDANCE ON TEACHING AND LEARNING APPROACHES

Candidates should learn in familiar contexts which provide opportunities to work individually, with a partner and in groups when practising techniques that are relevant to developing skill at a recreational level. Candidates should be provided with accurate and appropriate feedback that is relevant to their development. Regular practice opportunities should be provided in order to develop technique and improve performance standards.

The tutor should involve candidates in a range of practical contexts that are relevant to developing an activity specific understanding of developing performance and applying rules correctly when performing. These practical contexts should also be relevant for explaining key aspects of fitness and the nature of the techniques required for developing skill at a recreational level. A variety of methods for recording information about performance should be included by the tutor in the practical opportunities offered to candidates.

The nature and demands of the training programme will vary in accordance with different activities. A minimum of three fitness sessions is stated in outcome 3 in order to allow the effects of the fitness programme on performance to be discussed.

National unit specification: support notes (cont)

UNIT Sporting Activity Apline - Skiing (Intermediate 2)

GUIDANCE ON APPROACHES TO ASSESSMENT

Candidates should demonstrate their competence in practical situations and should be assessed when they are ready. Opportunities for re-assessment are available throughout this unit. Evidence for assessment should arise naturally from the range of tutor-led situations in which candidates are engaged, and should be recorded by the tutor as appropriate. Sufficient evidence requires to be provided to indicate that all outcomes and performance criteria have been met within any range specified. While a variety of assessment instruments is available, the tutor is encouraged to adopt an integrated approach to assessment in the unit.

Sporting Activity Units

Performance Exemplification

Notes for Guidance and Interpretation:

The purpose of these exemplifications is to add definition about performance qualities required at different levels within the sporting activity units. The standards described for sporting activity units equate with the standards described in the performance units within Physical Education at the five different levels within Higher Still. The evidence generated for the sporting activity units could be utilised as evidence towards achieving units of Higher Still courses in Physical Education.

The rationale used for describing performance is that the sporting activity units are performance driven. As such it is the whole view of performance that is described. This is in preference to a technique specific model of performance with only the associated movement patterns that accompany the techniques being described. This is considered to have limitations as a model of whole performance. Instead a model that describes in a more detailed way the demands, environments and practical contexts that candidates would typically be working in is offered. As such terms like 'perform skilfully' are used. Techniques are demonstrated through being selected, developed and refined in building towards performing in skilful contexts.

These definitions of performance contexts relate to outcome 1 in each unit. Following this, the definition of performance is specified according to the detail of each of the performance criteria at each level. This allows a description of the competences required within each performance criterion.

The performance qualities described are an exemplification of the performance standards associated with the different levels. They are issued as guidance for practitioners in delivering these units. They attempt to show a clear logical exemplification of standard as well as how progression could feasibly occur between different levels. The described qualities are not prescribed mandatory requirements that each candidate must exactly match. Instead the qualities described aim to paint a picture of the performance level required and, crucially, an insight into the context and demands that candidates are likely to be working in.

ALPINE SKIING

Sporting Activities: An Introduction (Access 3)- Outcome 1 'Perform skilfully in three different activities at a novice level'

<p>PC(a) Techniques appropriate to a novice level are performed skilfully in each of the different sporting activities.</p>		<p>PC(b) Relevant rules and procedures are adhered to during participation in the three activities.</p>
<p>At this level, the participant has been introduced to, and developed, the sport specific movements necessary to perform skilfully at a novice level and for later progression.</p> <p>Performance by the participant at a novice level will be reflected in their initial awareness of the 'fundamental elements' of Alpine Skiing which are:</p> <p style="padding-left: 40px;">Body Management; Steering; Control; Adjustments</p> <p>These fundamental elements should be applied in context, at the relevant developmental stage, at a novice level, to recognised progression within Alpine Skiing as follows:</p>	<p>The participant can recognise and choose simple pathways and routes down a beginner type slope while observing all relevant safety procedures and showing consideration for other slope users. This decision making process involves two fundamental elements of Alpine Skiing, 'Control', of speed, and of line,' and 'Adjustments' for surface, and for slope. Consideration of both of these fundamental elements should be evident in the participant's performance.</p> <p>Awareness of 'control' (speed and line) and 'adjustments' (surface and slope) will involve candidates in decisions relating to speed, line of travel, surface and slope which should be reflected in the variations of turn radius and route chosen during their descent of a beginner type slope.</p>	<p>The participant can recognise and choose simple pathways and routes down a beginner type slope while observing all relevant safety procedures and showing consideration for other slope users.</p> <p>The participant can demonstrate the correct procedures when hiring skis and organising their equipment in preparation for participation.</p> <p>The participant can recognise and outline 'on slope' situations relating to the National Governing Bodies 'Code of Conduct' for Alpine Skiing.</p> <p>Throughout the activity the participant complies fully with the National Governing Bodies 'Code of Conduct' for Alpine Skiing.</p>

<p>PC(a) Techniques appropriate to a novice level are performed skilfully in each of the different sporting activities.</p>	<p>PC(b) Relevant rules and procedures are adhered to during participation in the three activities.</p>	
<p>Novice Activities; Sliding; Ploughing; Swinging; Paralleling; Beyond Paralleling</p> <p>Physical environment plays an important part in the contextual application of Alpine Skiing at a novice level.</p> <p>Activities should take place on appropriate slopes and in appropriate conditions. At a novice level participants are required to perform on beginner type slopes including dry slopes.</p> <p>The novice level performer can ski down beginner type slopes maintaining balanced control, speed, and direction using introductory techniques incorporating the fundamental elements of skiing. This will involve the participant in a range of manoeuvres up to and including linked early plough turning.</p> <p>In terms of technique, at a novice level, fundamental elements of, 'body management' 'steering', are key developmental areas of the participant's performance.</p>	<p>The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities.</p> <p>Introductory Activities: should include a range of material designed to promote the safety and mobilisation of the participant. These activities include; walking, stepping, turning on the slope, falling and getting up and a general awareness of slope angle, ie. across, uphill and downhill.</p> <p>Straight running: the participant shows:</p> <p>even flex at the skiing joints (ankles, knees and hips); head up looking forward; feet hip width apart and parallel; balanced stance in the middle of the skis; pelvis tilted upwards; arm and hand carriage is forwards and away from the body (as if holding a hoop).</p>	<p>The participant demonstrates known routine procedures relating to general 'on slope' group participation and organisation.</p> <p>The participant demonstrates the correct procedures for use of available uplift as follows:</p> <p>Correct starting position. Correct transport position. Correct dismount position. Clearing dismount area.</p>

PC(a) Techniques appropriate to a novice level are performed skilfully in each of the different sporting activities.

PC(b) Relevant rules and procedures are adhered to during participation in the three activities.

<p>'Body management' will be evident throughout the participant's performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.</p> <p>'Steering' control will be evident throughout the participant's performance through the apparent use of rotary movements, as opposed to pressure and edging.</p> <p>The skilful application of rotary movements together with bending and stretching of the legs, will result in the demonstration of linked plough turns of a variable radius.</p> <p>At a novice level the developmental stages are:</p> <p>Introductory Activities, Sliding and Ploughing (developmental)</p> <p>The techniques relating to these developmental stages are: Introductory Activities (range); Straight Running; Straight Running / Ploughing; Early Plough Turning (linked).</p>	<p>Straight running/ploughing: the participant shows:</p> <p>Maintaining straight running elements throughout.</p> <p>Changing the shape of the skis from parallel to plough 'V' shape and return to parallel through simultaneous leg and foot, rotation, stretching and bending.</p> <p>Plough Turning (developmental)</p> <p>Early plough turning development will involve mainly leg rotational actions as opposed to more progressive, pressure/rotation, edge actions.</p> <p>Early Plough Turning (linked): in a plough position the participant show:</p> <p>Maintaining straight running elements throughout.</p> <p>Foot and leg rotation as the main turning movements.</p> <p>Maintain 'steering' control throughout.</p> <p>Development of leg stretching and bending movements to accommodate rotary actions variations in turn radius.</p> <p>Co-ordinated effective turn linking movements.</p>	<p>Governing Bodies 'Code of Conduct' for Alpine Skiing.</p> <p>The participant demonstrates known routine procedures relating to general 'on slope' group participation and organisation.</p> <p>The participant demonstrates the correct procedures for use of available uplift as follows:</p> <p>Correct starting position. Correct transport position. Correct dismount position. Clearing dismount area.</p>
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ALPINE SKIING

Sporting Activity (Intermediate 1) - Outcome 1 'Perform skilfully in the sporting activity at an introductory level'

PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.	PC(c) Appropriate movement patterns during performance at an introductory level are used.
<p>At this level, the participant has been introduced to, and developed, the sport specific movements necessary to perform skilfully at an introductory level and for later progression.</p> <p>Performance by the participant at an introductory level will be reflected in their initial awareness of the 'fundamental elements' of Alpine Skiing which are:</p> <p>Body Management Steering Control Adjustments</p>	<p>This will involve the participant in a range of manoeuvres up to and including effectively linked plough turning and the introduction of traversing.</p> <p>In terms of technique the fundamental elements of, 'body management' and 'steering', are key developmental areas of the participant's performance at an introductory level.</p> <p>'Body management' will be evident throughout the participant's performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.</p>	<p>On beginner type slopes the participant can maintain, control of speed, balance and direction using linked plough turns of varying radius.</p> <p>The participant can recognise and choose simple pathways and routes down a beginner type slope while observing all relevant safety procedures and showing consideration for other slope users.</p> <p>This decision making process involves two fundamental elements of Alpine Skiing, 'Control', of speed, and of line,' and Adjustments' for surface, and for slope</p>	<p>The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities.</p> <p>At an introductory level the developmental stages are: Introductory Activities Sliding Ploughing</p> <p>Introductory Activities: should include a range of material designed to promote the safety and mobilisation of the participant. These activities include; walking, stepping, turning on the slope, falling and getting up and a general awareness of slope angle, ie. across, uphill and downhill.</p>

PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.	PC(c) Appropriate movement patterns during performance at an introductory level are used.
<p>These fundamental elements should be applied in context, at the relevant developmental stage, at an introductory level, to recognised progression within Alpine Skiing as follows:</p> <p>Introductory Activities Sliding Ploughing Swinging Paralleling</p> <p>Physical environment plays an important part in the contextual application of Alpine Skiing at an introductory level.</p>	<p>'Steering' control will be evident throughout the participant's performance through the apparent use of pressure control, control of rotation and edge control.</p> <p>The skilful application of early pressure, rotation and edging, together with bending and stretching movements, will result in the effective demonstration of linked plough turns of a variable radius.</p> <p>At an introductory level the developmental stages are:</p> <p>Introductory Activities Sliding Ploughing (developmental)</p>	<p>Consideration of both of these fundamental elements should be evident in the participant's performance.</p> <p>Awareness of 'control' (speed and line) and 'adjustments' (surface and slope) will involve participants in decisions relating to their speed, line of travel, surface and slope which should be reflected in the variations of turn radius and route chosen during their descent of a beginner type slope.</p>	<p>Straight running: the participant shows:</p> <p>even flex at the skiing joints (ankles, knees and hips) head up looking forward. feet hip width apart and parallel. balanced stance in the middle of the skis. pelvis tilted upwards. arm and hand carriage is forwards and away from the body (as if holding a hoop).</p> <p>Straight running/ploughing: the participant shows:</p> <p>maintaining straight running elements throughout. changing the shape of the skis from parallel to plough 'V' shape and return to parallel through simultaneous leg and foot, rotation, stretching and bending.</p>

<p>PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.</p>	<p>PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.</p>	<p>PC(c) Appropriate movement patterns during performance at an introductory level are used.</p>	
<p>Activities should take place on appropriate slopes and in appropriate conditions. At an introductory level participants are required to perform on beginner type slopes including dry slopes.</p> <p>The introductory level performer can effectively ski down beginner type slopes maintaining balanced control, speed, and direction using a range of introductory techniques incorporating the fundamental elements of skiing.</p>	<p>The techniques relating to these developmental stages are:</p> <p>Introductory Activities (range) Straight Running Straight Running / Ploughing Effective Plough Turning (linked) Introduction to Traversing.</p>		<p>Plough Turns (developmental) Plough turning development will involve initial early rotational actions through to more effective pressure/rotation edge actions.</p> <p>Effective Plough Turning (linked): in a plough position the participant shows: maintaining straight running elements throughout. active leg stretching and bending. early pressure application to turning ski. effective pressure transfer during linked phase. foot and leg rotation. maintain 'steering' control throughout. variations in turn radius and application of movement sequence. co-ordinated effective turn linking movements.</p>

<p>PC(a) Techniques appropriate to an introductory level are performed skilfully in the sporting activity with occasional consistency.</p>		<p>PC(b) Appropriate decisions during performance are made in contexts that relate to an introductory level.</p>	<p>PC(c) Appropriate movement patterns during performance at an introductory level are used.</p>
			<p>Traversing: Traversing at this level is introduced as a manoeuvre for crossing the slope. The participant shows:</p> <p>appropriate use of edges and pressure. adjustments to body position. awareness of line of travel.</p>

ALPINE SKIING

Sporting Activity (Intermediate 2) - Outcome 1 'Perform skilfully in the selected sporting activity at a recreational level'

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.	PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
<p>At this level, the participant is developing the sport specific movements necessary to perform skilfully at a recreational level and for later progression.</p> <p>Performance by the participant at an recreational level will be reflected in their development of the 'fundamental elements' of Alpine Skiing which are:</p> <p>Body Management Steering Control Adjustments</p>	<p>Through skiing down an intermediate type slope, participants must show on occasions, an ability to demonstrate linked early basic parallel turns.</p> <p>In terms of technique the fundamental elements of, 'body management' and 'steering', are key developmental areas of the participant's performance at an recreational level.</p> <p>'Body management' will be evident throughout participant's performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.</p>	<p>On intermediate type slopes the participant can maintain, control of speed, balance and direction. During the descent of an intermediate slope the participant will select and apply from the repertoire of turns available, the most appropriate method of turning to suit both the slope and conditions.</p> <p>The range of turning methods available at this developmental level are:</p> <p>plough turning basic swing turning basic parallel turning.</p> <p>The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities. At a recreational level the developmental stages are: Swinging Paralleling</p> <p>Basic Swinging: (developmental) The process of basic swinging involves sequential leg actions in relation to the formation of a plough to begin the turn, followed by matching the skis parallel to complete the turn.</p>

PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.		PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.	PC(c) Appropriate movement patterns during performance at a recreational level are used.
<p>These fundamental elements should be applied in context, at the relevant developmental stage, at a recreational level, to recognised progression within Alpine Skiing as follows:</p> <p>Introductory Activities Sliding Ploughing Swinging Paralleling</p> <p>Physical environment plays an important part in the contextual application of Alpine Skiing at a recreational level.</p> <p>Activities should take place on appropriate slopes and in appropriate conditions. recreational level participants are required to perform on intermediate type slopes including dry slopes.</p>	<p>'Steering' control will be evident throughout the participant's performance through the apparent use of pressure control, control of rotation and edge control.</p> <p>The skilful application of early pressure, rotation and edging, together with bending and stretching movements, will result in the demonstration of linked turns of a variable radius.</p> <p>At an recreational level the developmental stages are:</p> <p>Swinging Paralleling</p> <p>The techniques relating to these developmental stages are:</p> <p>Basic Swinging (developmental) Basic Paralleling (developmental)</p>	<p>The participant can recognise and choose pathways and routes down an intermediate type slope while observing all relevant safety procedures and showing consideration for other slope users.</p> <p>This decision making process involves two fundamental elements of Alpine Skiing, 'Control', of speed, and of line,' and 'Adjustments' for surface, and for slope.</p> <p>Through learning, participants will develop an ability to anticipate and interpret the elements of 'control' and 'adjustment' in the context of skiing down an intermediate type slope.</p>	<p>The developmental stages of basic swinging relate to the phase of the turn at which the skis are matched.</p> <p>Basic Swinging (early) - skis match towards the end of the turn. Basic Swinging (developing) - skis match around the fall line phase. Basic Swinging (later) - skis match before the fall line phase.</p> <p>Basic Swing Turns - (later): the participant shows:</p> <p>Leg and foot rotation to form plough together with active leg stretch to secure early pressure on turning ski. rotary movements are made from under the centre of the foot. ie. tips open to match skis and close to form plough. non-turning ski is matched parallel before fall line. open effective skiing stance throughout.</p>

<p>PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency.</p>		<p>PC(b) Appropriate decisions during performance are made in context that relate to a recreational level.</p>	<p>PC(c) Appropriate movement patterns during performance at a recreational level are used.</p>
<p>The recreational level performer can effectively ski down intermediate type slopes maintaining balanced control, speed, and direction using a range of recreational techniques incorporating the fundamental elements of skiing.</p> <p>This will involve the participant in a range of manoeuvres up to and including linked early basic parallel turning.</p>		<p>Consideration of both of these fundamental elements should be evident in the participant's performance.</p> <p>Awareness of 'control' (speed and and 'adjustments' (surface and slope) will involve candidates in decisions relating to their speed, line of travel, surface and slope which should be reflected in the variations of turn radius and type, and route chosen during their descent of an intermediate type slope.</p>	<p>bending to control turning pressure throughout latter part of arc. co-ordinated effective turn linking movements.</p> <p>Basic Paralleling: (developmental) The process of paralleling involves simultaneous leg actions together with the development of hip crossover, promoting simultaneous edge change, allowing the skis to remain parallel throughout the turn. The developmental stages of paralleling relate to establishing the basic turning movements sequence through to developed use of the same sequence reflected in more effective turns of varying radius.</p> <p>The participants development at this level will evolve in order that they can demonstrate early basic parallel turning.</p>

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<p>PC(a) Techniques appropriate to a recreational level are performed skilfully in the sporting activity with overall consistency</p>		<p>PC(b) Appropriate decisions during performance are made in contexts that relate to a recreational level.</p>	<p>PC(c) Appropriate movement patterns during performance at a recreational level are used.</p>
			<p>Basic Parallel Turns - (early): the participant shows:</p> <p>leg stretching to secure early pressure on turning ski. hip crossover promoting simultaneous edge change on both skis. simultaneous leg and foot rotation; skis parallel throughout. bending to control turning pressure throughout later part of arc open effective skiing stance throughout. co-ordinated effective turn linking movements.</p>

ALPINE SKIING

Sporting Activity (Higher) - Outcome 1 'Refine performance in the sporting activity in demanding contexts'

<p>PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.</p>		<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.</p>
<p>At this level, the participant is refining and further developing the sport specific movements necessary to perform skilfully in demanding contexts and for later progression.</p> <p>Performance by the participant in a demanding context will be reflected in their development of the 'fundamental elements' of Alpine Skiing which are: Body Management Steering Control Adjustments</p>	<p>Through skiing down intermediate and advanced type slopes, participants must show an ability to demonstrate linked parallel turns of varying radius and type.</p> <p>In terms of technique the fundamental elements of, 'body management' and 'steering', are key developmental areas of the participant's performance demanding level</p> <p>'Body management' will be evident throughout participant's performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.</p>	<p>On intermediate and advanced type slopes the participant can maintain, control of speed, balance and direction. During the descent of intermediate and advanced slopes the participant will select and apply from the repertoire of parallel turns available, the most appropriate method of turning to suit both the slope and conditions.</p> <p>The range of turning methods available at this developmental level are: Parallel Turns: long, medium and short radius with pole plant. Parallel Turns (variation): compression turns with pole plant.</p>	<p>The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant's performance during all related activities.</p> <p>In a demanding context the developmental stage is: Paralleling</p> <p>Paralleling: (developmental)</p> <p>The process of paralleling involves simultaneous leg actions and the skis remain parallel throughout the turn.</p>

<p>PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.</p>		<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.</p>
<p>These fundamental elements should be applied in a demanding context, at the relevant developmental stage, to recognised progression within Alpine Skiing as follows: Introductory Activities Sliding Ploughing Swinging Paralleling</p> <p>Physical environment plays an important part in the contextual application of Alpine Skiing at a demanding level.</p> <p>Activities should take place on appropriate slopes and in appropriate conditions.</p>	<p>'Steering' control will be evident throughout the participant's performance through the apparent use of pressure control, control of rotation and edge control.</p> <p>The skilful application of early pressure, rotation and edging, together with bending and stretching movements, will result in the effective demonstration of linked parallel turns of a variable radius.</p> <p>At this level the developmental stage is:</p> <p>Paralleling (developmental).</p>	<p>The participant can recognise and choose pathways and routes down intermediate and advanced type slopes while observing all relevant safety procedures and showing consideration for other slope users.</p> <p>This decision making process involves two fundamental elements of Alpine Skiing, 'Control', of speed, and of line, and 'Adjustments' for surface, and for slope</p> <p>Through learning, participants will develop an ability to anticipate and interpret the elements of 'control' and 'adjustments' in the context of skiing down intermediate and advanced type slopes.</p>	<p>At this level the participant has developed a refined ability to apply the fundamentals of Alpine Skiing to a sequence of turning movements resulting in established control and fluency while performing parallel turns.</p> <p>This will be evident in the participant's ability to adapt, adjust and apply appropriate variations in paralleling to variations in slope and surface.</p> <p>Parallel Turns: the participant shows:</p> <p>accurate and co-ordinated use of pole plant. active leg stretching to secure early pressure on turning ski. hip crossover and simultaneous edge change on both skis.</p>

<p>PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.</p>		<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in demanding contexts.</p>
<p>At this demanding level participants are required to perform on intermediate and advanced type 'on piste' slopes on snow</p> <p>The participant can effectively ski down advanced type slopes, on piste, on snow, whilst maintaining balanced control, speed, and direction using a range of techniques incorporating the fundamental elements of skiing.</p> <p>This will involve the participant in a range of manoeuvres up to and beyond simple parallel turns and will include varying radius and type.</p>	<p>The techniques relating to this developmental stage are:</p> <p>Parallel Turns: long, medium and short radius with pole plant.</p> <p>Parallel Turns (variation): compression turns with pole plant.</p>	<p>Consideration of both of fundamental elements should be evident in the participant's performance.</p> <p>Awareness of 'control' (speed and line) and 'adjustments' (surface and slope) will involve candidates in decisions relating to speed, line of travel, surface and slope which should be reflected in the variations of turn radius and type, and route chosen their descent of intermediate and advanced type slopes.</p>	<p>Simultaneous leg and foot rotation.</p> <p>skis remain parallel throughout. open effective skiing stance throughout.</p> <p>Recognisable adjustment of application of turn 'movement sequence' to vary the radius of turns. Co-ordinated effective turning movements.</p>

<p>PC(a) Techniques appropriate to refining performance in demanding contexts are performed skilfully in the sporting activity with a high degree of consistency.</p>	<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in demanding contexts</p>	
			<p>Parallel Turns (variation) - Compression Turns: the participant shows: anticipated leg bending to absorb slope variations (bumps) accurate and co-ordinated use of pole plant hip crossover and simultaneous edge change on both skis. Simultaneous leg and foot rotation from a lowered body position. active leg stretching to maintain turning pressure. Recognisable adjustment of application of turn 'movement sequence' to vary the radius of turns. Anticipated ready position for next turn.</p>

ALPINE SKIING

Sporting Activity (Advanced Higher) - Outcome 1 ‘Refine performance in the sporting activity in increasingly demanding contexts’

<p>PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.</p>		<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.</p>
<p>At this level, the participant is refining and further developing the sport specific movements necessary to perform skilfully in demanding contexts and for later progression.</p> <p>Performance by the participant in a demanding context will be reflected in their continued development and refinement of the 'fundamental elements' of Alpine Skiing which are:</p> <ul style="list-style-type: none"> Body Management Steering Control Adjustments 	<p>Through skiing down advanced type slopes, participants must show an ability to demonstrate linked parallel turns of varying radius and type.</p> <p>In terms of technique the fundamental elements of, ‘body management’ and ‘steering’, are key developmental areas of the participant’s performance at a demanding level.</p> <p>'Body management' will be evident throughout the participant’s performance through usually maintaining good posture, balance, agility, co-ordination and rhythm in all activities.</p>	<p>On advanced type slopes the participant can maintain, control of speed, balance and direction. During the descent of intermediate and advanced slopes the participant will select and apply from the repertoire of parallel turns available, the most appropriate method of turning to suit both the slope and conditions. The range of turning methods available at this developmental level are:</p> <p>Parallel Turns: long, medium and short radius with pole plant. Parallel Turns (variation): compression turns with pole plant.</p>	<p>The fundamental elements of Alpine Skiing, as appropriate, should be apparent in the participant’s performance during all related activities</p> <p>In a demanding context the Developmental stage is:</p> <ul style="list-style-type: none"> Paralleling Beyond Paralleling <p>Paralleling: (development)</p> <p>The process of paralleling involves simultaneous leg actions and the skis remain parallel throughout the turn.</p>

<p>PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.</p>		<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.</p>
<p>The fundamental elements should be applied in a demanding context, at the relevant developmental stage, recognised progression within Alpine Skiing as follows: Introductory Activities Sliding Plough Swinging Paralleling Beyond Paralleling</p> <p>Physical environment plays an important part in the contextual application of Alpine Skiing at a demanding level.</p>	<p>'Steering' control will be evident throughout the participant's performance through the apparent use of pressure control, control of rotation and edge control.</p> <p>The skilful application of early pressure, rotation and edging, together with bending and stretching movements, will result in the effective demonstration of linked parallel turns of a variable radius and type.</p>	<p>Parallel Turns (variation): short swings Beyond Parallel: Step Turns (variations): parallel and skating</p> <p>The participant can recognise and choose pathways and routes down intermediate and advanced type slopes while observing all relevant safety procedures and showing consideration for other slope users.</p> <p>This decision making process involves two fundamental elements of Alpine Skiing,</p>	<p>At this level the participant has developed a refined ability to apply the fundamentals of Alpine Skiing to basic turning movements resulting in established control and fluency while performing parallel turns of varying radius, type and speed. Once established this evolves into an enhanced awareness of the 'steering' fundamentals allowing the introduction of parallel turn variations. This will be evident in the participant's ability to ski in a controlled and fluent manner and to adapt, adjust and apply appropriate variations in parallel turning to variations in slope and surface.</p>

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<p>Activities should take place on appropriate slopes and in appropriate conditions. At this demanding level participants are required to perform on advanced level slopes on snow.</p> <p>The participant can effectively ski down advanced type slopes, on piste, on snow, whilst maintaining balanced control, speed, and direction using a range of techniques incorporating the fundamental elements of skiing.</p>	<p>The developmental stage is: Paralleling (developmental) Beyond Paralleling (developmental)</p> <p>The techniques relating to this developmental stage are:</p> <p>Parallel Turns: long, medium and short radius with pole plant.</p> <p>Parallel Turns (variation): compression turns with pole plant.</p> <p>Parallel Turns (variation): short swings</p> <p>Beyond Parallel: Step Turns (variations): parallel step and skating.</p>	<p>'Control', of speed, and of line, and 'Adjustments' for surface, and for slope.</p> <p>Through learning, participants will develop an ability to anticipate and interpret the elements of 'control' and 'adjustments' in the context of skiing down advanced type slopes. Consideration of both of these fundamental elements should be evident in the participant's performance.</p>	<p>Parallel Turns: the participant shows:</p> <p>accurate and co-ordinated use of pole plant; active leg stretching to secure early pressure on turning ski. Hip crossover together with simultaneous edge change on both skis.</p> <p>Simultaneous leg and foot rotation; skis remain parallel throughout with open effective skiing stance. Leg bending to control turning pressure throughout the turn and effective turn linking movements. Recognisable adjustment of application of 'movement sequence' to vary the radius of turns. co-ordinated effective turn linking movements.</p>

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		<p>Awareness of 'control' (speed and line) and 'adjustments' (surface and slope) will involve candidates in decisions relating to their speed, line of travel, surface and slope which should be reflected in the variations of turn radius and type, and route chosen during their descent of intermediate and advanced type slopes.</p>	<p>Parallel Turns (variation) – Compression Turns. The participant shows: anticipated leg bending to absorb slope variations (bumps); accurate and co-ordinated use of pole. Hip crossover together with simultaneous edge change on both skis. Simultaneous leg and foot rotation from a lowered position. Active leg stretching to maintain turning pressure. Skis remain parallel throughout with open effective skiing stance. Recognisable adjustment of application of turn 'movement sequence' to vary the radius of turns. Anticipated ready position for next turn and co-ordinated effective turn linking movements.</p>

<p>PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.</p>	<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.</p>	
			<p>Parallel Turns (variation) - Short Swing Turns: the participant shows: strong edge set rebound together with accurate and co-ordinated pole plant Active leg extension; simultaneous leg and foot rotation with skis remaining parallel throughout. fall line direction of travel with linked rhythmical co-ordinated movements. skid phase to ready position for next turn and co-ordinated effective turn linking movements.</p>

<p>PC(a) Techniques appropriate to refining performance in increasingly demanding contexts are performed skilfully and consistently in the sporting activity.</p>	<p>PC(b) Appropriate decisions during performance are made that relate to refining performance in increasingly demanding contexts.</p>	<p>PC(c) Control and fluency are demonstrated in refining performance in increasingly demanding contexts.</p>	
			<p>Step Turns (parallel): the participant shows:</p> <p>Accurate parallel stepping action with co-ordinated pole plant and weight transfer to turning ski. Hip crossover, effective use of edges with skis remaining parallel throughout turning arc.</p> <p>Pressure control throughout turning arc with appropriate leg bending.</p> <p>Skiing speed maintained throughout, co-ordinated effective turn linking movements.</p> <p>Step Turns (Skating): the participant shows: Accurate, dynamic, projected stepping action with weight transfer onto turning ski. Accurate and co-ordinated pole plant.</p>

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			<p>Hip crossover, effective use of edges with skis remaining parallel throughout remainder of turning arc. Pressure throughout turning arc with appropriate leg bending. Skiing speed maintained or increased throughout turning arc Effective turn linking movements.</p>

Overview of Development/Demand Levels Relating to Performance Only Between a Range of Reference Sources

Alpine skiing Technique Development/Level	Performance Areas Slope/Reference	SQA Unit Development Level/Reference	British Alpine Ski Awards Level/Reference	Scottish National Ski Council – Level/Reference
Introductory Activities	Novice and beginner slopes including dry slopes	Access 3/Intermediate 1	Level 1	
Sliding/Ploughing			Level 1	
Early Plough Turning (developmental)	Beginner type slopes including dry slopes.	Access 3	Level 2	
Plough Turning (developmental)	Beginner type slopes including dry slopes	Intermediate 1	Level 2	
Plough Turning (developmental)	Intermediate slopes including dry slopes	Intermediate 2	Level 3	
Basic Swinging (developmental)			Level 3 Level 4	

Alpine skiing Technique Development/Level	Performance Areas Slope/Reference	SQA Module Development Level/Reference	British Alpine Ski Awards Level/Reference	Scottish National Ski Council – Level/Reference
Early Paralleling (developmental)	Intermediate slopes Including dry slopes	Intermediate 2		
Paralleling (developmental)	Intermediate/advanced Slopes on snow	Higher	Level 4	
Paralleling (developmental)	Intermediate/advanced Slopes on snow	Higher		
Beyond Paralleling	Advanced slopes on snow	Advanced Higher	Level 5	Alpine Ski Leader and Artificial Ski Slope Instructor