

The Language of Movement Analysis - Simplified

These are the notes and subsequent worksheet from Cert 3/ Technical - MA training.
The purpose of this training is to focus delivery of the Movement Analysis Process with concise, precise, simple language.

Ski Performance Words

<u>Which Ski?</u>	<u>Part of Ski</u>	<u>Action</u> <u>(Which Skill?)</u>	<u>Action describers</u> <u>(To or from which</u> <u>direction?)</u>
Inside	Center	Twist/pivot/turn	
Outside	Tip	Tip/edge	off the snow
Uphill	Tail	flatten	closer to
Downhill	Middle	Bend	further from
Left	Underfoot	Slide	toward
Right	Toe piece	Skid	about
Both Skis	Heel piece	Unedge	away
	Edges	Untip	from
	Inside edge		up
	Outside edge		down
	Base		in
	Top sheet		out
	Front		Together
	Back		Apart

The Language of Movement Analysis - Simplified

Body Performance Words

<u>Which joint?</u>	<u>Which Action?</u>	<u>Resulting body parts</u>	<u>Action describers</u> (<u>To or from which</u> <u>direction?</u>)
left	open	Upper Leg	up
right	close	Femur	down
uphill	flex	Lower leg	backward
downhill	extend	Tibia	forward
inside	bend	Pelvis	around
outside	straighten	Lower Spine	in
upper	twist	Upper Spine	out
lower	turn	Torso	toward
Toes	rotate	CM	away
Foot	tip	Chest	against
ankle	push	Shoulders	left
knee	pull	Head	right
hip	Unbend	Upper Arm	vertical
pelvis		Lower Arm	horizontal
spine		Hands	Side Ways
shoulder		Little toe	Side to Side
elbow		Big toe	Lateral
wrist			
neck			

The Language of Movement Analysis - Simplified

D.I.R.T

Duration
(length of time
movement
exists)

Long
Short
Throughout

Intensity
(how much?, magnitude)

a lot
a little
low
high
heavy
light
more
less
Softly

Rate
(degree of speed,
pace)

quickly
slowly
abruptly
progressively
rapidly
same
different
Frequency

Timing
(sequential relation to
another event)

beginning
middle
end
during
before
after
simultaneously
sequentially
same time
Initiation
Shaping
Finish
Transition
Start
Finish
Early
Late
Frequently

The Language of Movement Analysis - Simplified

Constructing simple Statements using word choices

Use the word choices above in the order below to form simple, concise, accurate statements describing ski and body performance. Use the same formula to describe a performance that is closer to ideal for your prescription!

Ski Performance

1. Which Ski? (Inside/Outside/Uphill/Downhill/Right/Left/Both...)
2. Which Part? (Center/Tip/Tail....)
3. Which Skill? (Bends/Tips/Twists)
4. Describe Action (Away/Toward/Up/Down/In/Out....)

DIRT

Throughout/for a short time
At the beginning/middle/end of
Initiation, Shaping, Finish
Quickly/Slowly
Before/After/During

Body Performance

1. Which joint? (left/right/both.... ankle/knee/hip/spine...)
2. Which action? (flexes/extends/turns/rotates/tips...)
3. Resulting Body Part? (legs/torso/hips/CM//shoulders)
4. In which direction? (Forward/Aft/Up/ Down/ In/Out....)
- repeat above steps if appropriate -

DIRT

Throughout/for a short time
At the beginning/middle/end of
Initiation, Shaping, Finish
Quickly/Slowly
Before/After/During