

Motion Analysis using Contemplas – for applications in ski school

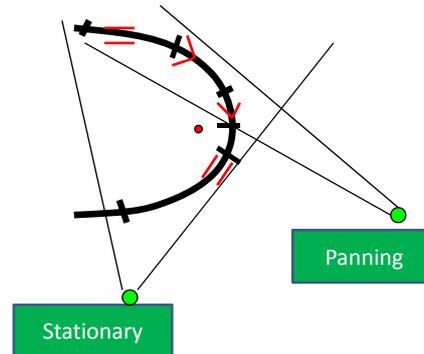
Standardized analytical method for “Carving Basic Level”

Performance Analysis

- **Target:** movement of a Ski Instructor
- **Performance:** actual movement of the guest

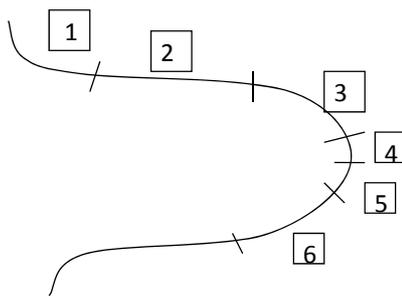
Video capture with two different perspectives:

- **Stationary camera** to identify the functional phases and their timing
- **Panning camera** to analyse a specific functional phase in more detail



Step 1: Classification of the functional phases (see Göhner)

The functional phases are determined in the videos

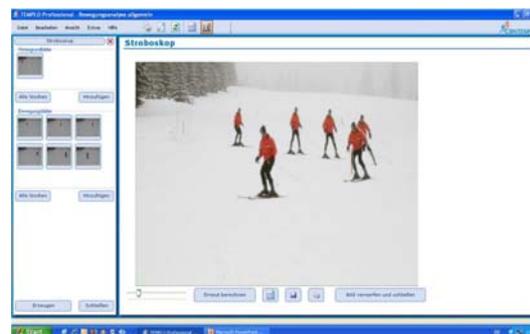
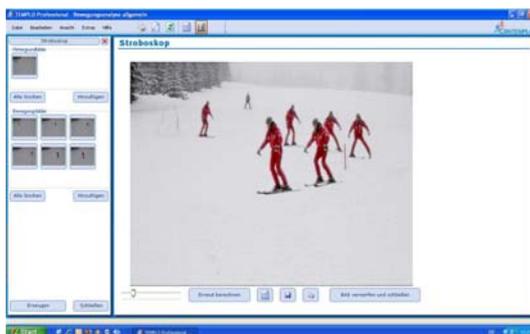


Functional phases of Carving Basic Level

1. Alpine Basic Position, Steering
2. Upward Movement, Snowplow position
3. Drifting to the fall line
4. Increasing pressure on outside ski
5. Ski from snowplow to parallel position
6. Alpine Basic Position, Steering

(adapted from Austrian Ski Teaching Concept)

Step 2: Using the stroboscope function to compare the timing of the functional phases



Step 3: Detail analysis of a specific functional phase

