

AASI-I ASSESSMENT SUMMARY SHEET		Certification Level	1
Candidate name:	Date:	Overall Result	
Examiner/phone #:	Location:		
Candidate must meet all Riding and Teaching proficiencies, and demonstrate technical knowledge as defined within AASI Level 1 National Standards.			
At the request of the examiner, the rider will demonstrate:			
<ul style="list-style-type: none"> - The appropriate movement pattern for a specific outcome or movement pattern requested by the examiner - The appropriate timing, intensity, duration (T.I.D.) of movements relative to the desired outcome 			
Each Riding Proficiency will be scored using the following scale:			
<p>I = Initial Stage : Rider is unfamiliar with a movement and relies on sensory input and coaching to learn. At this stage the rider's movements are often very sequential and each part of the movement is performed individually. The rider may periodically, but not consistently, show signs of a movement pattern.</p> <p>E = Elementary Stage: Rider can perform movements without looking at a particular body part involved in the movement, yet still need to think it through and concentrate on each of the move's components. While movements are sequential, the rider will link them together in a more fluid manner. The rider in the elementary stage will be able to consistently demonstrate a movement pattern but may not be able to apply it in all situations.</p> <p>M = Mature Stage : Characterized by smooth, fluid, and automatic movements without showing obvious, conscious thought reflected in the rider's actions. The rider can also repeat and apply movements across a wide spectrum of situations. A rider possessing the ability to perform mature movements and the coordination of those movements can smoothly blend them for a specific outcome and be able to readily change or adapt movements to different terrain situations and snow conditions.</p>			
NATIONAL STANDARDS (NS)- Applied Movements			
Candidate demonstrates at a mature level flexion, extension, and rotational movements separately and in a blended fashion when performing the outcomes listed in the NS.			
1 Candidate must demonstrate up-unweighting.			
2 Candidate must demonstrate terrain unweighting.			
3 Candidate demonstrates at a mature level the purposeful movement of the COM across the board by extending the legs at the initiation of the new turn, resulting in edge change and facilitating edge engagement.			
4 Candidate demonstrates at a Mature Level the ability to move from and regain a neutral reference alignment in all conditions and terrain listed in the NS.			
5 Candidate applies equal and/or independent flexion/extension movements from both legs at a Mature Level.			
6 Candidate maintains reference alignments as appropriate to terrain and task at a Mature Level.			
7 Candidate demonstrates the ability to intentionally separate the upper and lower body at a Mature Level.			
NATIONAL STANDARDS (NS) - Riding Proficiencies			
8 One-footed maneuvers including skating, straight-run, toe/heel turns in a beginner area			
9 Garlands			
10 Falling leaf exercises			
11 Basic skidded medium-radius turns on green terrain			
12 Switch basic skidded medium-radius turns on green terrain			
13 Dynamic skidded medium-radius turns on blue terrain			
14 Basic carved large-radius turns on green terrain			
17	Freestyle Elements* -	Halfpipe	
18		Straight airs	
19		Ollies	
20		50/50 on small ride-on features or equivalent	
21		Flatland 180's and 360's	
22		Nose and tail rolls	
		Riding Standard	
*Additional descriptions available within AASI National Standards			

Teaching Proficiencies

The successful Level I candidate will demonstrate the ability to present a teaching segment in a safe, effective manner that displays the knowledge and comprehension of AASI technical terms, concepts, and models listed in the National Standards. The successful candidate will demonstrate the ability to teach a spectrum of riders, children to adults, and from first-time riders to those who are learning and riding all green terrain, groomed blue terrain and small freestyle features.

Movement Analysis / Technical Knowledge

Comments:

Teaching Model (including CAP model & S.C.A.R.F.)

Teaching model: Must Pass 21 /28	Teach 1	Teach 2	Comments:
Opening/Closing	/2	/2	
Checking for Understanding	/1	/1	
MC / PC (Technical Content)	/3	/3	
Tasks / Progression	/3	/3	
VAK / CAP /Teaching Cycle	/3	/3	
Effective Use of Terrain	/3	/3	
Professionalism & Presentation	/3	/3	
Feedback (CAGE Model)	/2	/2	
Class/Group Handling/ S.C.A.R.F.	/2	/2	
Use of "The Code"	/3	/3	
Awareness of surroundings & terrain	/3	/3	
Total	/28	/28	

TASK DETAIL SHEET (reference only)

Board Profile:

Board Performance:	Task 1	Task 2	Task 3
Twist			
Reference #(s)			

Comments:

Pivot			
Reference #(s)			

Comments:

Tilt			
Reference #(s)			

Comments:

Pressure			
Reference #(s)			

Comments:

Movement Concepts	Task 1	Task 2	Task 3
Flexion / Extension			
Reference # (s)			

Comments:

Rotation			
Reference # (s)			

Comments:

Freeride			
Reference # (s)			

Comments:

Freestyle			
Reference # (s)			

Comments: