

PSIA Intermountain Level II Ski Assessment



Name of Candidate: _____

| | | | |
|--|--|--|-------------------------|
| Date | | Examiner | Email/Phone |
| Location | | Examiner | Email/Phone |
| HIGHLIGHTED FUNDAMENTALS (Candidates must score 4 or better in four fundamentals and 3 or better in the fifth) | | | Score Describers |
| 1. Control relationship of the COM to base of support along the length of the skis Task: | | 1: Essential Elements were not observed | |
| 2. Control pressure from ski to ski and direct pressure toward the outside ski Task: | | 2: Essential elements are beginning to appear | |
| 3. Control edge angles through a combination of inclination and angulation Task: | | 3: Essential elements appear but not with consistency | |
| 4. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body Task: | | 4: Essential elements appear regularly at a satisfactory level | |
| 5. Regulate the magnitude of pressure created through ski/snow interaction Task: | | 5: Essential elements appear frequently above required level | |
| | | 6: Essential elements appear continuously at a superior level | |
| | | | Comments |
| APPLICATION OF FUNDAMENTALS (Candidates must score 4 or better in four tasks and 3 or better in the fifth) | | | Comments |
| Basic Applied Skiing Tasks: Wedge Turns, Wedge Christie, & Basic Parallel (Examiners will choose two out of the three) | | | |
| 1. | | | |
| 2. | | | |
| Advanced Applied Skiing Tasks | | | Comments |
| 3. Short Turns - Blue to easy black groomed runs | | | |
| 4. Moguls - Blue to easy black runs | | | |
| 5. Free Ski Parallel - Blue to easy black runs groomed or ungroomed conditions | | | |
| VERSATILITY ELEMENTS - Scores are derived from the skier's performance in the 5 tasks in the Application of Fundamentals category (Candidates must score 4 or better in three categories and 3 or better in the fourth) | | | Comments |
| Environment | Accurately blends and applies fundamentals to all blue and groomed black terrain | | |
| Speed | Skis in control using a consistent round turn shape at advanced zone speeds | | |
| Accuracy | Consistency - Fundamentals are consistently present through all tasks and all phases of a parallel turn, and through a series of rhythmic and controlled turns | | |
| | Adaptability - Ability to vary rate and timing of multiple fundamentals to adapt ski performance outcomes as defined by the task or situation | | |
| PERFORMANCE MEETS STANDARDS: | | PERFORMANCE DOES NOT MEET STANDARDS: | |