



PSIA Intermountain Level 1 Assessment

Candidate: _____

Location: _____ Date: _____

Examiner: _____

Phone: _____

Skiing Tasks (used to assess General Characteristics)

Green terrain: *Straight Run, Wedge Turns*

Green to Groomed Blue: *Task, Wedge Christy Turns*

Blue Groomed and Ungroomed terrain: *Free Ski Parallel*

Skiing Fundamentals (Level 1 mastery of basic elements)

- Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

Summary and Feedback

Scoring: **1.** Essential Elements were not observed **2.** Essential elements are beginning to appear **3.** Essential elements appear but not with consistency **4.** Essential elements appear regularly at a satisfactory level **5.** Essential elements appear frequently above required level **6.** Essential elements appear frequently above required

General Skiing Characteristics (Level 1 accuracy, application, versatility)

The instructor is capable of the following at Beginner/Novice Zone speeds:

Maintains a balanced stance throughout a series of turns	1	2	3	4	5	6
Consistently links turns with a sustained rhythm	1	2	3	4	5	6
Skis a variety of turn sizes within a series of turns while maintaining speed control	1	2	3	4	5	6

Teaching (Skier Assessment Video)

Contributed to a skier movement analysis, goal setting and lesson planning session

Teaching (On Hill Lesson Plan)

Participation in discussion regarding Incorporating safety into lesson plan.	1	2	3	4	5	6
Verbal Communication Skills <i>Communicates information clearly Interacts with group positively and effectively</i>	1	2	3	4	5	6
Drills, Activities, Practice Time <input type="checkbox"/> Participated in presentation of skills, drills, or exercise <input type="checkbox"/> Participated in discussion of VAK in lesson plan <input type="checkbox"/> Participated in presentaion of CAP model adaptations	1	2	3	4	5	6
Demonstrations <i>Accurate (shows what was stated) Draws attention to specifics for focus</i>	1	2	3	4	5	6
Summary <i>Participated in debrief and summary Able to provide clear direction for student's next step</i>	1	2	3	4	5	6

Workbook

Workbook Complete

Workbook Incomplete

Results (Must complete Workbook, and score 4 or better in all categories.)

Meets L1 Standards

Does not meet L1 Standards