PSIA Intermountain Level 2 Skiing Assessment

Candiate: _____ **Location:** _____ **Date:** _____

Examiner 1: _____ **Phone:** _____

Examiner 2: _____ **Phone:** _____

Scoring: **1**. Not observed **2**. Occasionally meets standards **3**. Consistently meets standards **4**. Occasionally exceeds standards **5**. Consistently exceeds standards

Skiing Tasks (used to assess General Characteristics and Skill Proficiency)

Wedge Turns	Green terrain	*Free Ski Parallel*	Blue to easier Black terrain
Wedge Christie	Green to easier Blue terrain	*Moguls*	Blue terrain
Basic Parallel	Blue to easier Black terrain	*Versatility*	Blue terrain
Short Radius	Blue to easier Black terrain	*Assigned Task*	Green to easier Black terrain

General Characteristics (Level 2 accuracy, application, versatility, tactics)

The following apply to all green, blue and easy black terrain at Intermediate Zone speeds.

The instructor is capable of:

Skiing a variety of turn shapes and sizes	1 2 3 4 5
Linking a series of same size turns with consistent rhythm	1 2 3 4 5
Controlling speed by adjusting turn shape	1 2 3 4 5
Applying appropriate tactics and varying skill application in a variety of conditions	1 2 3 4 5
Varying skill blend in exercises, tasks, and turns, upon request	1 2 3 4 5

Skill Proficiency (Level 2 mastery of basic elements)

Directional movements, vision, and pole action lead toward the intended direction of travel	1 2 3 4 5
Fore-aft balance is managed over the whole foot with pressure distributed appropriately along the length of the skis.	1 2 3 4 5
Lateral balance and pressure is managed appropriately from outside ski to outside ski through turns (the outside ski bends more than the inside ski)	1 2 3 4 5
Rotational (guiding) movements of both skis originate in the lower body and utilize ski design appropriate to the task	1 2 3 4 5
Progressive increase and decrease of edge angle occurs with both skis as needed.	1 2 3 4 5
Flexion and extension movements are effectively used to manage balance, pressure, and edge release and engagement	1 2 3 4 5

Summary and Feedback

Results

The candidate must score 3 or better in all categories to qualify for Level 2 Skiing.

☐ **Meets L2 Standards** ☐ **Does not meet L2 Standards**