



PSIA Intermountain Level 3 Skiing Assessment

Candidate: _____

Examiner 1: _____

Examiner 2: _____

Location: _____

Phone: _____

Phone: _____

Date: _____

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)

<i>Wedge Turns</i>	<i>Basic Parallel</i>	<i>Short Radius</i>	<i>Moguls</i>	<i>Assigned Tasks</i>
<i>Wedge Christie</i>	<i>Dynamic Parallel</i>	<i>Free Ski Parallel</i>	<i>Versatility</i>	

General Characteristics (Level 3 accuracy, application, versatility, tactics)

The following apply through Advanced Zone speeds and dynamics. The instructor is capable of:

Skiing dynamic parallel turns on most terrain in most conditions	1	2	3	4	5
Reducing, generating, or maintaining speed without interrupting flow or rhythm	1	2	3	4	5
Skiing a variety of turn sizes and shapes while applying them to different situations	1	2	3	4	5
Demonstrating different skill blends and movements in exercises, tasks and turns	1	2	3	4	5
Maintaining control over turn shape and speed while skiing most conditions on most terrain on most slopes	1	2	3	4	5
Utilizing proactive movements that anticipate ski reaction and minimize the interruption of rhythm and flow in most situations common to all mountain skiing	1	2	3	4	5

Skill Proficiency (Level 3 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 3 Skiing.

Meets L3 Standards

 Does not meet L3 Standards