

PSIA-I SKIER ASSESSMENT WORKSHEET- COGNITIVE

LEVEL 1

Candidate: _____ Location: _____ Date: _____

Student Profile:

Gender: Male Female Diagnosis: _____

Age: _____ Skiing Experience: _____

1. What do you think this student expects from a lesson (according to the description at the start of the video) and why?

2. Describe what you see relative to:

Does the skier look balanced with joints evenly flexed?

How does the skier complete and enter a new turn?

Do guiding movements of both skis originate in the lower body?

Are turn shapes consistent and round? What is the skier doing to control the shape of the turn?

3. What did the student do well and how did you describe this to your student?

4. Based on your observations above and the student profile, what was the overall goal for the lesson? (Discuss in terms of Balance and Stance, Turn Entry, and Turn Shape)

5. What specifically did you work on to achieve the goal above? (Technical focus; skills, skill blend, movement pattern)

6. Describe what your plan was to progress the student:

What was the optimal terrain and snow conditions for your lesson plan? _____

What did you focus on in your demos? What did you want them to see? _____

What kinds of drills, activities, games and/or exercises did you use to reinforce movement pattern change or improvement? How did you use visual, auditory, or kinesthetic cues to enhance the process? _____

How did you set up practice time during the lesson? _____

How did you summarize the key point of the lesson? What should the student do next? _____

How might you adapt your lesson plan for a different aged student? (adult to child or vice versa) Use the CAP model to organize your thought. _____
