## PSIA Intermountain Level II Ski Assessment

**Name of Candidate:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Examiner</th>
<th>Email/Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### HIGHLIGHTED FUNDAMENTALS (Candidates must score 4 or better in four fundamentals and 3 or better in the fifth)

1. Control relationship of the COM to base of support along the length of the skis
   **Task:**

2. Control pressure from ski to ski and direct pressure toward the outside ski
   **Task:**

3. Control edge angles through a combination of inclination and angulation
   **Task:**

4. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body
   **Task:**

5. Regulate the magnitude of pressure created through ski/snow interaction
   **Task:**

### APPLICATION OF FUNDAMENTALS (Candidates must score 4 or better in four tasks and 3 or better in the fifth)

**Basic Applied Skiing Tasks: Wedge Turns, Wedge Christie, & Basic Parallel** (Examiners will choose two out of the three)

1. 

2. 

**Advanced Applied Skiing Tasks**

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)

**Environment**
Accurately blends and applies fundamentals to all blue and groomed black terrain

**Speed**
Ski 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

### Score Descriptions

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 continuously at a superior level

### Comments

**PERFORMANCE MEETS STANDARDS:**

**PERFORMANCE DOES NOT MEET STANDARDS:**

---

Alpine L2 Skiing Scoresheet