# PSIA Intermountain Level III Ski Assessment

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### 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: [ ]
   - Score: [ ]

2. Control pressure from ski to ski and direct pressure toward the outside ski
   - Task: [ ]
   - Score: [ ]

3. Control edge angles through a combination of inclination and angulation
   - Task: [ ]
   - Score: [ ]

4. Control the skis' rotation (turning, pivoting, steering) with leg rotation, separate from the upper body
   - Task: [ ]
   - Score: [ ]

5. Regulate the magnitude of pressure created through ski/snow interaction
   - Task: [ ]
   - Score: [ ]

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

#### Basic Applied Skiing Tasks

1. Basic Parallel - Blue groomed terrain
   - Score: [ ]

2. Medium/Long Radius Dynamic Turns - Blue to black groomed terrain
   - Score: [ ]

#### Advanced Applied Skiing Tasks

3. Short Radius Dynamic Turns - Blue to black groomed terrain
   - Score: [ ]

4. Moguls - Black terrain
   - Score: [ ]

5. Dynamic Free Ski - Black or double black un-groomed terrain
   - Score: [ ]

### 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 terrain and conditions
    - Score: [ ]

- **Speed**
  - Maintains control at expert speeds accurately blending the skills to accomplish the required tasks while adjusting turn shape in all terrain and situations
    - Score: [ ]

- **Accuracy**
  - Consistency - Fundamentals are refined in all tasks, blended through all turn phases and from turn to turn, producing dynamic, rhythmic turns in all conditions and situations
    - Score: [ ]
  - Adaptability - Ability to vary rate and timing and blend all fundamentals on demand with regard to tactical considerations for any defined performance outcome
    - Score: [ ]

### Score Descriptors

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

- General comments or observations on the candidate's performance.

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**Alpine L3 Skiing Scoresheet**

Last Updated: 11/29/2018