

# PSIA AASI NORTHWEST

## Alpine Certification Guide

REVISED FOR 2024-2025 SEASON

### Mission Statement

**Northwest Snowsports professionals reach their full potential as instructors**

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# Revisions

Date Changed	Change Made	Level	Sub-Section
October 2024	<p>Additions and Organizational Updates</p> <ul style="list-style-type: none"> <li>● Add Resources Section</li> <li>● Update all references of “division” to say “region”</li> <li>● Consolidated Exam Details for all levels into new section.</li> <li>● Reorganize content for each level by the 3 exam modules.</li> <li>● Added level expectations and learning outcome quotes to each module for clarity.</li> <li>● Organized ski activities into print-ready table format</li> <li>● For LII teaching, change “clinic” language to teaching your peers.</li> </ul>	All Content	All Content
October 2024	<p>Removals</p> <ul style="list-style-type: none"> <li>● Remove all professional knowledge content not specific to PSIA-NW exam process.</li> <li>● Remove Industry Information Section</li> <li>● Remove Related Organizations Section</li> <li>● Skiing Sections: Remove Skills concept, balance/balancing movements, and stance content</li> <li>● Remove teaching professional knowledge content duplicated in national resources.</li> <li>● Removed L1 requirement to draw a fundamental for the teaching assignment.</li> <li>● Removed previous wording and guidance around a LII “clinic” approach since candidates are teaching to peers and no longer crafting lessons specific to student profiles.</li> <li>● Removed below teaching topics form the Level II Teaching Assessment: <ul style="list-style-type: none"> <li>○ Introduce how to change the size and shape of turns to an intermediate zone parallel skier.</li> <li>○ Take a basic parallel skier from groomed blue terrain to ungroomed blue terrain.</li> <li>○ Expand an intermediate, parallel skier’s edge control skills to progress from skidded turns to more carved turns.</li> <li>○ Expand a parallel skier’s rotational control skills using pivoting and steering.</li> </ul> </li> </ul>	All Content	All Content

# Update from the PSIA-NW Alpine Discipline Lead

Welcome to the 2024 - 2025 Season! Whether you are just starting your PSIA-AASI certification journey or preparing for your Level 3 Exam, the PSIA-NW education staff are eager to support you and your local snowsport school trainers.

This guide is one of many resources to help you along your way. It is intended to supplement the National PSIA-AASI resources that are compiled in the Resources Section. More specifically it is your primary resource to understand the PSIA-NW Alpine Exam process from Level I to Level III for all modules.

We made some significant document edits this season to remove duplicative content that already exists in national PSIA-AASI resources and to better focus on what is specific to the PSIA-NW alpine exam process. We support the Association moving forward with aligning all exam processes for the 2026 - 2027 season. With this goal in mind, we've made a few small updates to the PSIA-NW exam process for this season. The main updates are summarized below. They are also highlighted in this document with the **NEW** notation. The skiing activities layout is also updated at each level to be in a single page, easy to print format!

## Level I

- All Alpine Level 1 Examiners (trainers and ed staff) are being re-accredited for the 2024-2025 season.
- No changes to the 1 day format.
- Parallel Traverse to Wedge Entry activity has been removed as a skiing activity.
- A fundamental will no longer be drawn at random for the teaching assignment.
- We will be piloting a 2 day format for region-led events and select schools.

## Level II

- Alpine Skiing Module - No changes
- Alpine Movement Analysis/Technical Understanding Module
  - Self assessment questions will be asked about your individual performance as part of the Movement Analysis (MA) question set.
- Alpine Teaching Module
  - The age categories have been removed
  - The morning meeting will be used to talk through assignments as well as what you are working on in your own skiing appropriate to the Level II - Intermediate zone.
  - The teaching segment will be targeted to teaching your peers vs the previous "clinic" based on the student profile assigned approach.
  - The teaching topics have been updated with several removed.

## Level III

- Alpine Skiing Module - No changes
- Alpine Movement Analysis/Technical Understanding Module
  - Self assessment questions will be asked about your individual performance as part of the Movement Analysis (MA) question set.
- Alpine Teaching Module
  - The morning meeting will be used to talk through assignments as well as what you are working on in your own skiing.

Thank you for being part of the PSIA-NW community. May your training be fruitful this season.

Katie Feucht

PSIA-NW Alpine Discipline lead

# The Purpose of this Guide

This guide provides exam candidates and individuals who help prepare candidates for exams with an established outline to reference while preparing for, participating in and administering the Certification Level I, II and III exams within the PSIA-NW Region. If you need clarification at any time in your training or during the assessment process, it is your responsibility to ask your trainers or PSIA-NW Education Staff for clarity. Be accountable for your success!

Alpine Certification Guide prepared by

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# Resources

As you prepare for your certification journey, you should focus on a skills-based approach. The PSIA-AASI certification process provides instructors the ability to demonstrate your well rounded skillfulness across technical, teaching, and people skills.

PSIA-AASI has a variety of resources that you should become familiar with as the basis for building your understanding of these three areas.

- Alpine Technical Manual
- Teaching Snowsports Manual

In addition, PSIA-AASI publishes several certification specific resources for candidates that you should also become familiar with:

- Alpine Certification Standards
- Performance Guides
- [Movement Matrix](#)
  - To watch the video links, you will be taken to a webpage and prompted to login with your PSIA-AASI member information to access the Matrix. Currently, not all activities have videos on The Matrix.
- [Learning Management System](#) (LMS)
  - The portal for all eLearning courses.

The above resources may be found on the PSIA-AASI website - [www.thesnowpros.org](http://www.thesnowpros.org)

Due to the publication of these materials in the last several years, as well as the National initiative to align the exam process across all regions for the 2026-27 Season, all non-NW process specific content has been removed from this certification guide as of the 2024-25 Season. The above resources should be used instead.

# Exam Details - All Levels

## Exam Format

### Modules

The Alpine Level I, Level II, and Level III exams consist of 3 modules.

- Alpine Skiing
- Alpine Movement Analysis & Technical Understanding
- Alpine Teaching

### Certification Levels

From the Alpine Certification Standards:

*As outlined in PSIA's Alpine Technical Manual, the American Teaching System™ specifies three skier zones: Beginner/Novice, Intermediate, and Advanced. The PSIA Alpine Certification Standards align the skier zones with assessment parameters for three levels of instructor certification.*

- *Beginner/Novice-Zone Guests – PSIA-Certified Level I Instructor*
- *Beginner- to Intermediate-Zone Guests – PSIA-Certified Level II Instructor*
- *Beginner- to Advanced-Zone Guests – PSIA-Certified Level III Instructor*

*Level I certification is meant to affirm that the instructor is qualified to teach beginner/novice guests, primarily on beginner/novice terrain (typically identified as “green”). Level II certification generally means that the instructor is qualified to teach through the intermediate zone, in which students are primarily on intermediate (blue) and some green terrain. Level III certification generally means that the instructor is qualified to teach ALL students and on expert (black) terrain.*

### Scoring

Candidates are scored on a 1 to 6 scale on teaching, technical, skiing, movement analysis, and people skills during the exam process. Each of these areas have defined Learning Outcomes and Assessment Criteria that the candidate is evaluated against. **Within the learning outcome, the average score must be a 4 or above to attain the certification. The scores do NOT round up.** The assessment forms can be found at [thesnowpros.org](https://thesnowpros.org).

### Exam Mindset

The assessment of your skills is specific to your performance on the day of the exam. The examiners will provide general direction to the group covering group setup and flow throughout the day. Examiners will NOT provide individual coaching or feedback based on your performance during the exam. You will receive scores and written comments covering your performance for each module via the unified assessment forms.

## Exam Preparation and Registration

Step 1: Prepare

Step 2: Take the online discipline specific exam for your level.

Step 3: Register - Sign up for the exam modules you want to take.

### Step 1: Prepare

Prepare by attending training within your snowsport school and/or attending PSIA events. Read PSIA-AASI materials shared in the resources section of this guide. Be sure you feel “ready”. **It is strongly recommended you have a conversation with your trainer about expectations of the exam prior to registering for one.**

### Step 2: Online Professional Knowledge Exam

The online professional knowledge exam will always be completed online unless, if requested ahead of time, a paper exam can be proctored. The test must be passed **before being able to register for any** of the on-snow modules.

### Step 3: Registration

You can register online at [psia-nw.org](http://psia-nw.org) by going to the events calendar.

**Registration needs to occur by the deadline posted in the exam information.** It is suggested to register early in order to take the exam at the location of choice. To be able to register for the on-snow exam module(s), candidates must fulfill the following prerequisites prior to taking the exam:

- Be a current member.
- Certifications must be completed in order, with each level completed before obtaining the next level. For example, you will not be able to register for the Alpine Level II exam before successfully completing the Alpine L I in full.

### Refund Policy

No refunds will be given for any no shows or cancellations two weeks out from the exam. If you are registering for multiple exams during the season, no refunds will be granted if you pass, and still have other exams you are registered for. Registering for multiple exams holds spots, and others are not able to register.

**NEW Starting the 2024-2025 Season, if registering for the same module more than one time in the season, you agree you will not be eligible to receive a refund if you cancel or do not show up to the second exam. By registering for multiple exams, you hold a spot from someone else being able to register for the exam, even if you see a waitlist.**



## PSIA-NW Exam Specifics

### Groups

Each candidate is randomly assigned to a group for the day. The group size is generally 6 candidates. The groups will be assessed by two examiners for the LII and LIII exams. The LI will have one examiner. An examiner in training may, or may not, accompany the group. Neither examiners, nor candidates, know what group they are assigned to until the morning of the exam.

### Morning Meeting

The morning meeting is for the candidates to meet, be introduced to the examiners, discuss the format for the day, ask any questions they might have prior to the assessment, complete any necessary paperwork and be issued a lift ticket (this may, or may not, be complimentary). At this time the examiners arrange for the on-snow meeting time and location. The morning meeting will also be used to talk through teaching assignments.

### General Schedule

Generally, the day is as follows:

- Morning meeting with examiners at 8:10 am
- On snow morning session runs from 9:00 - 11:30 am
- Lunch break is from 11:30 am - 12:30 pm
- On snow afternoon session begins at 12:30 pm and ends no later than 3:30 pm

These times may vary based on exam location and other circumstances impacting the day.

### Results

For LII and LIII exams, assessment forms with results will be emailed to the candidates after the exam within two days. For LI exams, a pass/fail result will be verbally provided at the end of the exam and assessment forms will be received within 7 days.

Candidates taking both modules on back-to-back days, will be emailed results from both days after the completion of the second day. Candidates will be able to email with their examiners for any clarity on feedback. We recommend that you review the feedback with your trainer(s) and take time to reflect on it before reaching out to your examiners with questions.

### Continuing Education Credit (CEU)

Instructors taking the Level II or Level III exam (or 2 day pilot of the LI exam) will receive 6 CEU (continuing education unit) for each day. Instructors taking the single day Level I exam, receive 6 CEUs for the day. This will satisfy the educational requirement for maintaining a certified status, regardless of the exam outcome (result).

## Out of region Instructors

**Exam Modules in Entirety:** Please note, to complete your certification, all modules, including the online professional knowledge exam, have to be successfully completed in the Northwest, partial modules completed in another division do not cross over.

PSIA members from other regions may take the PSIA-NW exam provided that Northwest receives written permission from their primary region. The "Primary region" is defined as the one in which the instructor holds their primary membership. Instructors do not have to join the Northwest region to participate in the exam. All parts of the exam and any requirements the Northwest has for its exam process must be met in order to participate, including the online professional knowledge exam.

Preference may be given for Northwest members first and PSIA-NW maintains the right to refuse instructors who are not members of the Northwest region if there is no space.

# Preparing for the Level I

## Preparation

The process to train for the Alpine Level I exam will vary based on the snowsport school. We recommend you attend clinics available at your local school and/or regional education events and become familiar with the materials shared in the “Resources” section of this guide.

## Join the Organization

If you have not yet joined the organization, you will need to do so by going to [psia-nw.org](http://psia-nw.org) and clicking on the “Membership” menu item and choose “New Members” from the sub-menu.

## Level I Exam Prerequisites

Candidates Responsibilities...

1. Register for and successfully complete the alpine Level I E-Learning course.
2. Register and successfully complete the online Alpine Professional Knowledge exam.
3. Register for the on-snow exam, by the deadline. **Registration for the on snow needs to be completed by the listed deadline, usually a *minimum* of two weeks before the exam,**

### Step 1: Sign up for the Alpine Level I E-Learning Course

This course needs to be completed prior to registering for your on-snow exam, it is one of the prerequisites to register for the on-snow exam. Go to [LMS.thesnowpros.org](http://LMS.thesnowpros.org) and select the Level I E-Learning Course and proceed from there to complete the course. You will receive a certificate of completion showing proof of successful completion.

### Step 2: Sign up for the online Alpine Level I Professional Knowledge Exam

The online Alpine Level I Professional Knowledge exam needs to be completed prior to registering for your on-snow exam. Go to [LMS.thesnowpros.org](http://LMS.thesnowpros.org), from the green bar near the top, choose exams, then Northwest, and you will then be able to select the Alpine Level I Professional Knowledge exam. Similar to the e-Learning course, a certificate will be emailed to you upon successful completion.

### Step 3: Register for Your On-Snow Exam

You will go to [psia-nw.org](http://psia-nw.org) and look for the exam you’re interested in taking. For some, look for the date your trainer has told you – also make sure you look for your school’s specific exam, there may be more than one exam scheduled on the same day. Upon successful completion of the registration, you will receive a confirmation email letting you know where and when to meet and reminding you to have reviewed the certification guide (process information) and national standards (what you are assessed to). Registration closes two weeks before the exam date.

# Level I Alpine Exam

During the 2024 - 2025 Season, PSIA-NW Alpine LI exams will primarily follow the existing PSIA-NW single day exam format. As we continue to move forward with a nationally aligned exam process in the 2026-2027 season, we will make incremental changes to the northwest exam process. One of those changes this year is piloting a two day format. This has been requested by several member schools and is necessary for the Northwest Region to determine how to operationalize the shift in future seasons.

## PSIA-NW Level I Exam - 1 Day Format

The PSIA Level I, II, and III certification exams consist of three modules:

- Skiing
- Movement Analysis/Technical Understanding
- Teaching

Each module has its own unified assessment form which is posted on the PSIA-AASI website.

**In the NW Region Level I exam, all three modules are combined into a single day exam format.**

## Season 2024 - 2025 Pilot - 2 Day Format

**NEW** For the 2024 - 2025 Season, PSIA-NW will be piloting a 2 day Level 1 exam format for region-led and select snowsport schools who apply. You should assume your exam will follow the single day format unless you are told otherwise by your trainer or examiner. The two day agenda will consist of the three modules and will be organized into a two day exam format.

## Level I Exam Scoring

**You must score a “Meets Standards” for all modules that are included in a given day to pass those modules.** For example, if you receive “Meet Standards” for the skiing module but receive “Does not meet standards” for the Technical Understanding and Movement Analysis module, you do not receive a passing result for either module. Details about the exam scoring methodology are in the “scoring” section of this guide under “exam details”.

## Level I Alpine Skiing Module

The Level I Skiing Module is used to assess a candidate's skiing skills. Per the PSIA Alpine Certification Standards:

### *Overview of Technical Skills at Level I Proficiency*

*Level I instructors are competent in beginner and intermediate terrain, apply the Technical Fundamentals to demonstrate techniques and tactics to their students. Level I instructors are able to relate their understanding of PSIA-AASI resources, including Technical Fundamentals, cause and effect relationships and phases of a turn to help students achieve a more effective performance.*

### *Upon successful completion of the assessment, a Level I instructor...*


*Skiing/Performance Learning Outcome: Applies the Technical Fundamentals to demonstrate specific outcomes in beginner and easier intermediate terrain.*

## PSIA-NW Level I Skiing Activities - Beginner/Novice-Zone

The skiing activities listed in this Level I section have been selected to best represent levels of ability and to test the overall skill blend. They may differ from other regions.

During the exam process, candidates will be asked to perform the Beginner Zone Skiing activities throughout the day. The skiing assessment is not limited to the activities listed; there may be variations prescribed that take into account tactics and technique needed for conditions, and/or terrain. Candidates will be asked to demonstrate a variety of skiing performance outcomes showing ski / snow interaction and movements utilized in development of a student's fundamental skiing skills.

## Level I Skiing Activities - PSIA-NW

Name	Description	Manual	Videos
<b>WEDGE TURNS</b>	Athletic stance; slow to moderate speed; steering of both skis with leg rotation; linked round turns with both skis maintaining contact with the snow; no pole use. Skis maintain a wedge relationship. (green)	PSIA ATM – Page 111	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Wedge turns</a></li> <li>• <a href="#">Linked wedge turns</a></li> </ul>
<b>WEDGE CHRISTIE TURNS</b>	As a turn is completed, a new turn is started by extending ankles, knees and hips, steering both skis towards the fall line, resulting in a wedge relationship. The skis become parallel through more active steering of the inside ski, using rounded turn shapes and no traversing. The parallel matching of the skis may be demonstrated in a variety of places in the turn, including the beginning, middle and end depending on speed, terrain or intent. A pole touch is optional. (green and easy blue)	PSIA ATM – Page 114	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Wedge Christie 2</a></li> <li>• <a href="#">Wedge Christie Body Performance Advanced Wedge Christie</a></li> </ul>
<b>BASIC PARALLEL TURNS</b>	With a balanced, athletic stance make short, medium and/or long radius turns. If used, pole use is timed with the turn radius, pole touch with weight transfer and edge change. Maintain a parallel relationship. (green and easy blue)	PSIA ATM – Page 117	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Basic Parallel</a></li> <li>• <a href="#">Basic Parallel</a></li> </ul>
<b>MILD UN-GROOMED, SMALL BUMPS</b>	Ski terrain that is mild un-groomed and/or small bumps and may be completed in a blend of short, medium and/or long radius turns. Ski in control using a rounded turn shape at intermediate zone speeds. (moderate blue terrain)	NA	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Level I Variable</a></li> </ul>
<b>SIDE SLIP TO AN EDGE SET</b>	In a side slip, the skier slips sideways down the hill with his/her skis pointing across the hill. Stand slightly flexed with skis tipped on uphill edges in a traverse position. Extend to flatten the skis in order to slip sideways down the hill. Flex slightly, moving knees uphill, to edge sufficiently in order to control the speed of descent. To come to a stop, flex more to increase the edge angle on the snow surface. (green and easy blue)	PSIA ATM – Page 112-113	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Side Slips</a></li> </ul>
<b>LINKED FORWARD SIDESLIP TO AN EDGED TRAVERSE</b>	From a traverse, flatten skis to slip sideways while moving forward. Increase edge angles to engage skis to an edged traverse. Repeat movements across the hill. Maintain stance width and parallel relationship of the skis. Balance mainly on the downhill ski. Decrease edge angles to slip or increase edge angles to traverse. Perform in both directions (green and easy blue)	PSIA ATM – Page 112-113	NA
<b>STRAIGHT RUN, PADDLE TURN TO A STOP</b>	Demonstrate an athletic stance with legs slightly flexed, hands and arms in front of body, while in a straight run. Transferring weight from one ski to the other in a scissoring fashion, step across the fall line to a stop. (Complete on very shallow terrain)	NA	Matrix Video: <ul style="list-style-type: none"> <li>• <a href="#">Paddle Turn</a></li> </ul>
<b>PARALLEL TRAVERSE TO WEDGE ENTRY</b>	 Removed for the 2024-2025 Season		

# Level I Alpine Movement Analysis & Technical Understanding Module

The Level I Movement Analysis and Technical Understanding Module is used to assess a candidate's movement analysis skills and technical understanding. Per the PSIA Alpine Certification Standards:

## *Overview of Technical Skills at Level I Proficiency*

*Level I instructors are competent in beginner and intermediate terrain, apply the Technical Fundamentals to demonstrate techniques and tactics to their students. Level I instructors are able to relate their understanding of PSIA-AASI resources, including Technical Fundamentals, cause and effect relationships and phases of a turn to help students achieve a more effective performance.*

## Movement Analysis

Per the PSIA Alpine Certification Standards:

### *Upon successful completion of the assessment, a Level I instructor...*

**Movement Analysis Learning Outcome:** *Articulates accurate cause-and-effect relationships between body and ski performance within any single skiing Technical Fundamental in a specific phase of the turn to offer a relevant prescription for change for skiers in the beginner/novice zone.*

## PSIA-NW Level I Movement Analysis Assessment

- **Standard 1-Day Exam Format:** The examiner will set up the Movement Analysis Activity at the end of your teaching segment. Building on what you taught the group, they will ask specific questions covering the areas of observation, evaluation, and prescription related to the assigned LI skiing activity, a technical fundamental (at a minimum), and the desired outcome. You will be asked to observe members of your group in real-time as you respond to the examiner's questions. The fundamental and turn phase will be clearly established between you and the examiner before you start your movement analysis.
- **NEW Pilot 2-Day Exam Format:** The examiner will have the group focus on Movement Analysis activities for a portion of the two days as part of dedicated assessment activities (not part of the teaching assessment). You will do MA on your peer group as they ski through assigned LI skiing activities. During this time, the examiner will ask each candidate specific questions covering the areas of observation, evaluation, and prescription related to the assigned LI skiing activity, a technical fundamental (at a minimum), and the desired outcome.

## Technical Understanding

Per the PSIA Alpine Certification Standards:

*Upon successful completion of the assessment, a Level I instructor...*

**Technical Understanding Learning Outcome:** *Describes specific performances using Technical Fundamentals and considering tactics and equipment choices using current PSIA-AASI resources.*

### PSIA-NW Level I Technical Understanding Assessment

The examiner will assess your knowledge of Technical Fundamentals, biomechanics, and physics. This assessment will occur through your movement analysis, teaching, and potential group questions. They will also ask questions about personal performance, tactical decisions, equipment choices, physical development, terrain, and snow variation. These questions may be posed in an individual or group format depending on the setup of the activity.

### Personal Performance Assessment

Per the PSIA Alpine Certification Standards:

*Upon successful completion of the assessment, a Level I instructor elates information from current PSIA-AASI resources to:*

**Personal Performance Assessment Criteria:** *Compare the application of one or more Technical Fundamental(s) to personal performance*

After your teaching segment, but before the start of the Movement Analysis assessment, the examiner will ask you about your own performance of the activity that you just taught and demonstrated for the group. This assessment is focused on gauging your understanding of your own performance, so you should provide an honest assessment of your own ski performance and body movements related to those defined for the activity.



## Level I Teaching Module

The Level I Teaching Module is used to assess a candidate's teaching and people skills. Per the PSIA Alpine Certification Standards:

### *Overview of Teaching Skills at Level I Proficiency*

*Level I instructors apply the teaching-skill fundamentals, allowing them to plan and organize an engaging learning experience. They present a basic progression in the beginner/novice zone, using study, training, and teaching experiences. A Level I instructor makes minor adjustments to learning experiences based on students' needs, desires, and abilities. They facilitate learning by communicating changes in student performance relative to outcomes.*

### *Overview of People Skills at Level I Proficiency*

*Level I instructors exhibit a basic understanding of the people-skill fundamentals, using them to develop trust within the learning environment. They show awareness of the likely needs and emotions of people new to snowsports and communicate clearly to the group, showing respect, patience, and professionalism while providing objective feedback. Level I instructors demonstrate self-awareness by reflecting on their own emotional tendencies and adapting to feedback from others.*

## PSIA-NW Level I Teaching Module Assessment

- **Standard 1-Day Exam Format:**
  - Teaching topics will be drawn at the morning meeting out of the list of the Alpine Level 1 skiing activities.
    - **NEW** ALL skiing activities will be included as options for teaching topics.
  - **NEW** Candidates should also select one alpine technical fundamental to focus on as part of their teaching segment.
  - **NEW** During the morning meeting, there will be a roundtable where each candidate has an opportunity to share what they are working on in their skiing.
  - There will be one teaching session for each candidate.
  - The time allotted will be no longer than 20 minutes.
    - Although it is not necessary to fill the time allowed, it is recommended to continue to work with the group for the allotted time. The examiner will monitor the time for you, as it's their responsibility to keep to a specific time schedule.
  - The teaching segment will address the group, not necessarily individuals within the exam group.
    - **Note: These are teaching segments to your peers, not presentations.** You should work with the group to improve their performance and understanding of the activity you are assigned.
  - The feedback provided by the candidate should be related to the fundamental focus, while providing wording that is simple, practical and positive.
  - Questions based on each candidate's teaching segment are asked immediately following the session, during chairlift rides, or both.
- **NEW Pilot 2-Day Exam Format:**
  - Your training staff and examiner will have additional details about the proposed format. These details are still being finalized at the national level and will be updated in this cert guide as they become available.

# Level II Alpine Exam

## PSIA-NW Level II Exam Format

The PSIA-AASI Level I, II, and III certification exams consist of three modules:

- Skiing
- Movement Analysis/Technical Understanding
- Teaching

Each module has its own unified assessment form which is posted on the National Association website.

In the NW Region Level II exam, the modules are combined into a two day exam format:

- Level II Skiing + Level II Movement Analysis/Technical Understanding
- Level II Teaching and People Skills

## Level II Exam Scoring

**You must score a “Meets Standards” for all modules that are included in a given day to pass those modules.**

For example, if you receive “Meet Standards” for the skiing module but receive a “Does not meet standards” for the Technical Understanding and Movement Analysis module, you do not receive a passing result for either module.

## Level II Alpine Skiing Module

The Level II Skiing Module is used to assess a candidate's skiing skills. Per the PSIA Alpine Certification Standards:

### *Overview of Technical Skills at Level II Proficiency*

*Level II instructors are competent in beginner, intermediate and some advanced terrain. They adapt the Technical Fundamentals to demonstrate techniques and tactics to their students. Level II instructors are able to apply their understanding of PSIA-AASI resources, including Technical Fundamentals, cause and effect relationships, phases of a turn, and ATML to help students achieve a more effective performance. Level II instructors identify basic relationships between Technical Fundamentals and understand how phases of a turn can be isolated or combined.*

### *Upon successful completion of the assessment, a Level II instructor...*

*Skiing/Performance Learning Outcome: Adapts the Technical Fundamentals to demonstrate specific outcomes in beginner, intermediate, and some advanced terrain.*

## PSIA-NW Level II Skiing Activities - Intermediate Zone

The skiing activities listed in this Level II section have been selected to best represent levels of ability and to test the overall skill blend. They may differ from other regions.

During the exam process, candidates will be asked to perform the Intermediate Zone Skiing activities throughout the day. The skiing assessment is not limited to the activities listed; there may also be variations prescribed that take into account tactics and technique needed for conditions, and/or terrain. Candidates will be asked to demonstrate a variety of skiing performance outcomes showing ski / snow interaction and movements utilized in development of a student's fundamental skiing skills.

**Level II candidates are accountable for all skiing up through their level. This also includes all assessment activities from Level I to II.**

Level II Skiing Activities - PSIA-NW			
Name	Description	Manual	Videos
<b>WEDGE CHRISTIE</b>	Skis are guided into a wedge relationship in the initiation phase of the turn; the matching of the skis in the shaping and finishing phases is dictated by speed and terrain. Ski poles may be used depending upon terrain and speed. Turns should be round and may be completed in shorter or medium radius turns. (green through easy black terrain)	PSIA ATM – Page 114-115	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Wedge Christie</a></li> </ul>
<b>SHORT RADIUS TURNS</b>	Ski a series of round completed turns of consistent size and speed, in a corridor, between 1/4 to 1 groomer path widths. (blue and easy black terrain)	PSIA ATM – Page 117-118	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Short Radius</a></li> <li>• <a href="#">Short Swing</a></li> </ul>
<b>MEDIUM RADIUS TURNS</b>	Ski a series of round turns of consistent size and speed, in a corridor, between 1½ to 3 groomer widths wide. (blue and easy black terrain)	PSIA ATM – Page 117-118	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Medium Radius</a></li> </ul>
<b>RHYTHM CHANGES</b>	Ski a series of medium radius turns that are consistent in rhythm and size, then change to a series of short radius turns of consistent rhythm and size, then repeat. (blue and easy black terrain)	PSIA ATM – Page 117-118	NA
<b>OFF PISTE CONDITIONS</b>	Terrain that has not been groomed such as powder, crud, firm snow, bumps or a combination thereof. The run may be performed with a variety of turns, short, medium and/or long radius using consistent round turn shape for speed control. Demonstrate the ability to vary rate and timing of multiple fundamentals and to adapt ski performance to terrain and snow conditions. (blue or easy black terrain)	PSIA ATM – Page 129-132	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Variable Terrain</a></li> </ul>
<b>SKATE</b>	Push off an angled, edged ski leaving a clean track in the snow and glide for at least half a ski length on the other ski using predominantly lower body movements. Repeat. Unweighted ski must come completely off the snow, remaining parallel with the terrain and brought alongside the other ski before the next skating step. (flat, uphill, downhill on easy green terrain)	NA	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Skating</a></li> <li>• <a href="#">Skating on Flats</a></li> </ul>
<b>OUTSIDE SKI TURNS</b>	Typically completed in a series of medium radius turns. In the transition zone, transfer weight completely to the new outside ski while lifting the inside ski completely off the snow. Complete the turn using only the outside ski. Repeat. (blue terrain)	NA	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Outside Ski Turns</a></li> <li>• <a href="#">Outside Ski Turns 2</a></li> </ul>
<b>LINKED PIVOT SLIPS</b>	Ski thru a series of linked, pivot slips in a narrow corridor staying in the fall-line while maintaining a consistent speed. (blue or easy black terrain)	PSIA Alpine Technical Manual Description – Page 119	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Pivot Slips</a></li> </ul>

\*a groomer path width is approximately 20' or 6 meters wide

## Level II Alpine Movement Analysis & Technical Understanding Module

The Level II Movement Analysis and Technical Understanding Module is used to assess a candidate's movement analysis skills and technical understanding. Per the PSIA Alpine Certification Standards:

### *Overview of Technical Skills at Level II Proficiency*

*Level II instructors are competent in beginner, intermediate and some advanced terrain. They adapt the Technical Fundamentals to demonstrate techniques and tactics to their students. Level II instructors are able to apply their understanding of PSIA-AASI resources, including Technical Fundamentals, cause and effect relationships, phases of a turn, and ATML to help students achieve a more effective performance. Level II instructors identify basic relationships between Technical Fundamentals and understand how phases of a turn can be isolated or combined.*

### Movement Analysis

Per the PSIA Alpine Certification Standards:

#### *Upon successful completion of the assessment, a Level II instructor...*

**Movement Analysis Learning Outcome:** *Articulates accurate cause-and-effect relationships between body and ski performance of Technical Fundamentals through all phases of the turn, resulting in an effective prescription for change for skiers through the intermediate zone.*

### PSIA-NW Level II Movement Analysis Assessment

Through the movement analysis assessment activities, the Level II candidate will be assessed on observation, evaluation, and prescription through the intermediate zone. The candidate should be able to observe and describe the skiing fundamentals, evaluate ski performance with reference to turn phase, and recognize body movements.

**You can read more about the components of Movement Analysis in the PSIA Alpine Technical Manual.**

## Technical Understanding

Per the PSIA Alpine Certification Standards:

*Upon successful completion of the assessment, a Level II instructor...*

**Technical Understanding Learning Outcome:** Describes specific performances using Technical Fundamentals and considering tactics and equipment choices using current PSIA-AASI resources.

## PSIA-NW Level II Technical Understanding Assessment

The examiner will assess your knowledge of Technical Fundamentals, biomechanics, and physics. This assessment will occur through your movement analysis and individual questions.

### Personal Performance Assessment

Per the PSIA Alpine Certification Standards:

*Upon successful completion of the assessment, a Level II instructor elates information from current PSIA-AASI resources to:*

**Fundamentals to Personal Performance Assessment Criteria:** Compare the application of two or more Technical Fundamentals to personal performance.

After your teaching segment, but before the start of the Movement Analysis assessment, the examiner will ask you about your own performance of the activity that you just taught and demonstrated for the group. This assessment is focused on gauging your understanding of your own performance, so you should provide an honest assessment of your own ski performance and body movements related to those defined for the activity.

At the start of one or more of the Movement Analysis assessment activities, the examiner will ask you about your own performance of the activity that you just skied. This assessment is focused on gauging your understanding of your own performance, so you should provide an honest assessment of your ski performance and body movements related to those defined for the activity.

## Level II Alpine Teaching Module

The Level II Teaching Module is used to assess a candidate's teaching and people skills. Per the PSIA Alpine Certification Standards:

### *Overview of Teaching Skills at Level II Proficiency*

*Level II instructors demonstrate proficiency in the teaching-skill fundamentals, relying on experience gained while teaching and training. They facilitate learning by planning and adapting the lesson experience based on student needs, desires, and abilities in the intermediate zone. Level II instructors help students recognize and assess their changes in performance.*

### *Overview of People Skills at Level II Proficiency*

*Level II instructors exhibit a more refined understanding of the people-skill fundamentals, using them to develop trust with all individuals. They demonstrate awareness of the goals, motivations, and emotional needs of each student in the group and use active listening and verbal and non-verbal communication strategies to build connections. Level II instructors demonstrate awareness of their own tendencies and develop strategies to address them.*

## PSIA-NW Level II Teaching Module Assessment

### Morning Introductions

The Teaching Module day begins with meeting your examiners and other candidates in the morning. During this time, you will cover:

- Examiner introductions
- Overview of the flow of the day
- Specific details about snow conditions and terrain
- Candidate introductions
  - **NEW** As part of the introductions, each candidate will share 1-2 things that they are working on in their own skiing that are specific to and appropriate for the Level II Intermediate zone. This information will be helpful in assisting candidates with crafting their teaching segments to incorporate the goals of the group and individuals within the group.
    - Example 1: At slower speeds on blue terrain, I struggle at times to maintain a parallel relationship at the start of my turn in both short and medium radius turns. To address this, I'm focusing on directing pressure to my new outside ski earlier in the turn.
    - Example 2: When I'm skating on the flats, I find it hard to glide as long as I would like. To become more versatile, I'm working on making sure I'm actually balanced over and not bracing against the outside ski so I can move with it.
    - Example 3: I feel like I'm a good off-piste skier, but I find it challenging to maintain a slower intermediate speed and not pick up speed on longer runs. I'm working on addressing this by focusing on slowing down my rotary movements to add more shape to the top of my turn.
- You will be randomly assigned one of the LII teaching topics listed in this guide.

## Indoor Roundtable

Once topics are assigned, everyone will be given 5 minutes to prepare a short 2-3 minute overview that they will share with the group.

- Goals: Candidates should:
  - Create relationships and share information with each other to learn about their peers' motivations, current performance, and understanding.
  - Gain background information such as what people are working on, wish they could do, their outside interests, fears, and limitations, etc.
  - Use what you learn to determine teaching outcomes and create an authentic learning environment that will improve your group's performance and/or understanding
- Your overview should combine the assignment topic with what you have learned about the group's ski improvement goals from their introductions. You should explicitly cover:
  - The teaching topic that you drew
  - **NEW** How you plan to tailor the assignment to the group based on specific goals shared.
    - For the LII exam, you are responsible for addressing "individuals and subsets of the group." You can focus on key themes that were shared during the introductions and do not need to address the individual goals of everyone.
- When the prep time is over, the group will come back together and you will share your overview.
- Examiners may ask clarifying questions during this time as well.

## On-Snow Teaching Segment

During the on-snow teaching segment, be prepared to work with your peers (running through all phases of the Teaching/Learning Cycle) based on the teaching assignment and goals shared by the group. Below are expectations for your teaching session(s).

- **NEW** There will be one teaching session for each candidate.
- Per the LII assessment criteria, the teaching segment will address "individuals and subsets of the group".
- **NEW** **These are teaching segments to your peers, not presentations.** You should work with the group to improve their performance and understanding of the activity you are assigned.
- During your teaching session(s) you will be assessed on your ability to **evaluate the group and adapt your approach as needed.** You should ensure the group is doing what you are asking and demonstrating. If you observe individuals not doing what is shown or described, it is expected for you to recognize this and coach for the change.
- The teaching groups will work together throughout the whole day and the examiners will be responsible to manage the time and scheduling of the teaching sessions.
- Examiners will ask questions based upon your teaching segment immediately following your session, during chairlift rides, or both.

## Timing

Candidates should be prepared to teach the group at any point during the day, for up to 30 minutes. **Although it is not necessary to fill the time given, it is recommended you continue to work with the group for the allotted time – the examiners will monitor the time for you.**





## Terrain Selection

You should select terrain that is appropriate for the Level II - Intermediate zone. This will primarily be blue terrain with some teaching on green or easy black terrain depending on the topic drawn.

Before your teaching segment begins, the examiner may be available to answer questions about terrain if you are unfamiliar with the mountain. The examiner may also dictate certain terrain areas based on topic, safety, or timing considerations.

## Level II Teaching Topics - Intermediate Zone

The following topics are typical teaching scenarios instructors encounter on a regular basis when teaching intermediate zone skiing. Candidates should be prepared to teach **any of these** topics to your fellow candidates on snow.

- Progress from wedge turn to wedge christie
- Progress from wedge christie to beginning parallel
- Introduction to bump skiing
- Introduction to skiing powder or basic crud conditions.
-  Introduction to carved turns
-  Introduce versatility in turn shape and size to promote speed control

# Level III Alpine Exam

## PSIA-NW Level III Exam Format

The PSIA-AASI Level I, II, and III certification exams consist of three modules:

- Skiing
- Movement Analysis/Technical Understanding
- Teaching

Each module has its own unified assessment form which is posted on the National Association website.

In the NW Region Level III exam, the modules are combined into a two day exam format:

- Level III Skiing + Level III Movement Analysis/Technical Understanding
- Level III Teaching and People Skills

## Level III Exam Scoring

**You must score a “Meets Standards” for all modules that are included in a given day to pass those modules.**

For example, if you receive “Meet Standards” for the skiing module but receive a “Does not meet standards” for the Technical Understanding and Movement Analysis module, you do not receive a passing result for either module.

## Level III Alpine Skiing Module

The Level III Skiing Module is used to assess a candidate's skiing skills. Per the PSIA Alpine Certification Standards:

### *Overview of Technical Skills at Level III Proficiency*

*Level III instructors are competent in all terrain and continuously blend the Technical Fundamentals to demonstrate techniques and tactics to their students. Level III instructors are able to synthesize their understanding of PSIA-AASI resources, including Technical Fundamentals, cause and effect relationships and phases of a turn to help students achieve a more effective performance. Level III instructors identify complex cause and effect relationships between multiple Technical Fundamentals. They understand how the phases of a turn can be isolated or combined.*

### *Upon successful completion of the assessment, a Level III instructor...*

*Skiing/Performance Learning Outcome: Continuously adjusts the Technical Fundamentals to demonstrate any specific skiing or ski performance outcome through the advanced zone.*

## PSIA-NW Level III Skiing Activities - Advanced Zone

The skiing activities listed in this Level III section have been selected to best represent levels of ability and to test the overall skill blend. They may differ from other regions.

During the exam process, candidates will be asked to perform the Advanced Zone Skiing activities throughout the day. The skiing assessment is not limited to the activities listed; there may also be variations prescribed that take into account tactics and technique needed for conditions, and/or terrain. Candidates will be asked to demonstrate a variety of skiing performance outcomes showing ski / snow interaction and movements utilized in development of a student's fundamental skiing skills.

**Level III candidates are accountable for all skiing up through all levels. This also includes all assessment activities from Level I to III.**

## Level III Skiing Activities - PSIA-NW

Name	Description	Manual	Videos
<b>SHORT RADIUS</b>	In all conditions and situations, ski a series of dynamic, rhythmic turns of consistent size and speed between ¼ and 1 groomer path width. (all conditions, all terrain)	PSIA ATM – Page 124-127	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Short Radius</a></li> </ul>
<b>MEDIUM RADIUS</b>	In all conditions and situations, ski a series of dynamic, rhythmic turns of consistent size and speed between 1½ and 3 groomer path widths. (all conditions, all terrain)	PSIA ATM – Page 124-127	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Medium Radius</a></li> </ul>
<b>OFF PISTE</b>	This includes conditions of the day on ungroomed slopes such as powder, crud, firm snow, bumps or a combination thereof. Demonstrate the ability to vary rate, timing and the ability to blend all fundamentals as needed. (black terrain, off piste)	PSIA ATM – Page 128 - 132	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Bumps</a></li> <li>• <a href="#">Variable Terrain</a></li> </ul>
<b>SKI ON ONE SKI</b>	With both skis on, ski a series of short or medium radius turns on one ski only (must be able to complete on either leg).(green through black terrain)	NA	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">One Ski Skiing</a></li> </ul>
<b>SHORT RADIUS TURNS AND LINKED PIVOT SLIPS</b>	Complete a combination of approximately five (5) short radius turns followed by five (5) linked pivot slips and repeat two or three sequences. (blue or black terrain)	NA	NA
<b>RAILROAD TRACK TURNS</b>	Ski a series of short, medium or long radius parallel turns utilizing the ski's design to make two clean parallel tracks in the snow. Ski tails follow the tips as the skis stay the same distance apart throughout the turn to. Progressive tipping movements while shifting weight toward the outside ski, resulting in the skis flattening and tipping at the same rate, time, and duration in both directions. (green through easy black terrain)	PSIA ATM – Page 120	Matrix Videos: <ul style="list-style-type: none"> <li>• <a href="#">Railroad Track Turns</a></li> </ul>

\*a groomer path width is approximately 20' or 6 meters wide

## Level III Alpine Movement Analysis & Technical Understanding Module

The Level III Skiing Module is used to assess a candidate's skiing skills. Per the PSIA Alpine Certification Standards:

### *Overview of Technical Skills at Level III Proficiency*

*Level III instructors are competent in all terrain and continuously blend the Technical Fundamentals to demonstrate techniques and tactics to their students. Level III instructors are able to synthesize their understanding of PSIA-AASI resources, including Technical Fundamentals, cause and effect relationships and phases of a turn to help students achieve a more effective performance. Level III instructors identify complex cause and effect relationships between multiple Technical Fundamentals. They understand how the phases of a turn can be isolated or combined.*

### **Movement Analysis**

Per the PSIA Alpine Certification Standards:

#### *Upon successful completion of the assessment, a Level III instructor...*

**Movement Analysis Learning Outcome:** *Describes cause-and-effect relationships of all the Technical Fundamentals through all turn phases, resulting in an effective prescription for change for skiers through the advanced zone.*

### **PSIA-NW Level III Movement Analysis Assessment**

Through the movement analysis assessment activities, the Level III candidate will be assessed on observation, evaluation, and prescription through the advanced zone. The candidate should be able to describe complex relationships from body mechanics to ski performance through all phases of the turn and accurately identify skills and skill blending and prioritize cause and effect relationships in all conditions and terrain.

**You can read more about the components of Movement Analysis in the PSIA Alpine Technical Manual.**

## Technical Understanding

Per the PSIA Alpine Certification Standards:

*Upon successful completion of the assessment, a Level III instructor...*

**Technical Understanding Learning Outcome:** Describe specific performances using Technical Fundamentals and considering tactics and equipment choices using current PSIA-AASI resources.

## PSIA-NW Level III Technical Understanding Assessment

The examiner will assess your knowledge of Technical Fundamentals, biomechanics, and physics. This assessment will occur through your movement analysis and individual questions.

### Personal Performance Assessment

Per the PSIA Alpine Certification Standards:

*Upon successful completion of the assessment, a Level III instructor elates information from current PSIA-AASI resources to:*

**Fundamentals to Personal Performance Assessment Criteria:** Compare the application of the Technical Fundamentals to personal performance.

At the start of one or more of the Movement Analysis assessment activities, the examiner will ask you about your own performance of the activity that you just skied. This assessment is focused on gauging your understanding of your own performance, so you should provide an honest assessment of your ski performance and body movements related to those defined for the activity.

## Level III Alpine Teaching Module

The Level III Teaching Module is used to assess a candidate's teaching and people skills. Per the PSIA Alpine Certification Standards:

### *Overview of Teaching Skills at Level III Proficiency*

*Level III instructors demonstrate mastery of the teaching fundamentals, based on experience gained while teaching and training. They plan, implement, and customize an engaging learning experience in the advanced zone. Level III instructors make proactive adjustments to learning experiences based on group and individual student needs, desires, and abilities. They foster learning by helping students interpret their changes in performance, develop new understanding, and apply what they've learned.*

### *Overview of People Skills at Level III Proficiency*

*Level III instructors exhibit a refined understanding of the people-skill fundamentals, using them to develop trust with and between all students through the entire lesson. They actively support the emotional needs of individuals while managing and influencing group dynamics to maintain and promote trust. Instructors at this level anticipate challenges and adapt their own style of interaction to achieve favorable outcomes and tailor experiences to individuals. Level III instructors demonstrate growth in self-awareness and can identify their own emotional intelligence and behavioral management.*

## PSIA-NW Level III Teaching Module Assessment

### Morning Introductions

The Teaching Module day begins with meeting your examiners and other candidates in the morning. During this time, you will cover:

- Examiner introductions
- Overview of the flow of the day
- Specific details about snow conditions and terrain
- Candidate introductions
  - **NEW** As part of the introductions, each candidate will share 1-2 things that they are working on in their own skiing. This information will be helpful in allowing candidates to craft their teaching segments to incorporate the goals of individuals within the group.
- You will be randomly assigned one of the LIII teaching topics listed in this guide.

## Indoor Roundtable

Once topics are assigned, everyone will be given 5 minutes to prepare a short 2-3 minute overview that they will share with the group.

- Goals: Candidates should:
  - Create relationships and share information with each other to learn about their peers' motivations, current performance, and understanding.
  - Gain background information such as what people are working on, wish they could do, their outside interests, fears, and limitations, etc.
  - Use what you learn to determine teaching outcomes and create an authentic learning environment that will improve your group's performance and/or understanding
- Your overview should combine the assignment topic with what you have learned about the group's ski improvement goals from their introductions. You should explicitly cover:
  - The teaching topic that you drew
  - How you plan to tailor the assignment to the group based on specific goals shared.
    - For the LIII exam, you are responsible for addressing "each individual". You should focus on key themes that were shared during the introductions and craft your teaching segment based on the goals of your individual peers.
- When the prep time is over, the group will come back together and you will share your overview.
- Examiners may ask clarifying questions during this time as well.

## On-Snow Teaching Segment

During the on-snow teaching segment, be prepared to work with your peers (running through all phases of the Teaching/Learning Cycle) based on the teaching assignment and goals shared by the group. Below are expectations for your teaching session(s).

- **NEW** There will be one teaching session for each candidate.
- Per the LIII assessment criteria, the teaching segment will address "each individual".
- **These are teaching segments to your peers, not presentations.** You should work with the group to improve their performance and understanding of the activity you are assigned.
- During your teaching session(s) you will be assessed on your ability to **evaluate the group and adapt your approach as needed**. You should ensure the group is doing what you are asking and demonstrating. If you observe individuals not doing what is shown or described, it is expected for you to recognize this and coach for the change.
- The teaching groups will work together throughout the whole day and the examiners will be responsible to manage the time and scheduling of the teaching sessions.
- Examiners will ask questions based upon your teaching segment immediately following your session, during chairlift rides or both.

## Timing

Candidates should be prepared to teach the group at any point during the day, for up to 30 minutes. **Although it is not necessary to fill the time given, it is recommended you continue to work with the group for the allotted time – the examiners will monitor the time for you.**



## **Terrain Selection**

Before your teaching segment begins, the examiner may be available to answer questions about terrain if you are unfamiliar with the mountain. The examiner may also dictate certain terrain areas based on safety or timing considerations.

## **Level III Teaching Topics - Advanced Zone Skiers (All Levels)**

### **On Piste Skiing:**

- Short radius turns focusing on turn shape in a variety of terrain
- Medium radius turns on varying terrain

### **Off Piste Skiing:**

- Bumps
- Powder or crud