



**ROCKY MOUNTAIN DIVISION**  
Professional Ski Instructors of America  
American Association of Snowboard Instructors

# PSIA-RM-AASI Freestyle Specialist 1

## FREESTYLE SPECIALIST 1 CERTIFICATION OVERVIEW

Freestyle Specialist 1, also known as “FS1” is the first level of PSIA-AASI Freestyle certification. At the FS1, you’re expected to demonstrate experience teaching beginners in the park, show an introductory level of knowledge of instruction concepts, and apply your knowledge and skills on snow.

The FS1 is a three-day process with a day of Movement Analysis, Teaching, and Skiing/Riding. Each day will be on snow and go from 9:00am until 4:00 pm. Come prepared to be on-snow all 3 days. The Examiner will start each day in a clinic format to warm up the group, clarify concepts, answer questions, and set the expectation for the exam portion of the day.

### Pre-Requisites:

- Current PSIA-AASI Member
- PSIA-AASI Alpine Level 1 Certification for Alpine FS1 / Snowboard Level 1 Certification for Snowboard FS1
- Freestyle Specialist E-Learning

**Recommended:** Attendance at the FS1 Prep Clinic. The Prep Clinic is designed to prepare you for the exam. Candidates will receive coaching during the FS1 Exam, but for those who have not spent time teaching in the park or need additional time preparing the FS1 Prep is highly recommended.

### Full or Partial Pass:

- You must attend all three on-snow modules of the exam continuously.
- If a candidate is unsuccessful in any module (Skiing/Riding, MA/Tech, Teaching), they may re-take the module(s).
- Passed modules do not expire as long as candidate remains a current PSIA-RM member

**Professionalism at the Exam (Respect gets Respect):** FS1 candidates will be given a pass or fail professionalism score based on their behavior at the exam. Examples of unacceptable behavior are – but not limited to: drug and/or alcohol use, consistent lateness, violation of the Responsibility Code, disregarding directions from examiner, any physical or verbal abuse. Examiners will model professional behavior expected of a PSIA certified instructor during the exam. All scores are reviewed by the exam manager or RM office staff.

**Feedback and Coaching at the Exam:** Coaching, and Guiding are the hallmarks of the FS1 exam. Examiners will work throughout the event to provide clear, accessible, and relevant feedback.

## **FREESTYLE SPECIALIST 1 On-Snow Assessment Process**

**Notice:** The Assessor may change the order of the exam days and how an exam day is organized when acting in the best interest of exam candidates. These decisions will be based on snow and weather conditions, terrain park status, lift status, and other unforeseen circumstances.

### **Day 1: Movement Analysis Knowledge & Skill**

The MA day is focused on analyzing and discussing skier/rider development in beginner freestyle scenarios.

In the morning participants will review MA Concepts and how to observe freestyle, present an organized and detailed description, and determine Cause & Effect relationships. Participants will review MA in all 4 freestyle areas: Flatland, Jumps, Boxes/Rails, and Halfpipe/Transition features.

In the afternoon participants will be evaluated on their knowledge and understanding of movement analysis in 2 of the 4 freestyle areas: Flatland, Jumps, Boxes/Rails, and Halfpipe/Transition features.

Candidates will perform movement analysis on their peers utilizing FS1 appropriate features. This will be a jam format in the park. Candidates will be pulled aside one or two at a time while the rest of the group sessions features designated by the Assessor. Candidates will have approximately 5 minutes for their MA presentation of an agreed upon Clinic Participants performance. Participants are expected to identify movements and skills and relate them to the specific exercises to improve their performance.

### **Day 2: Teaching Knowledge & Skill**

The Teach day takes place both outside and inside the park using the “Outside-In” Teaching Methodology. Successful candidates will showcase their ability to teach a progression that starts outside of the park and progress into the park. Candidates will lead a teach focused on an assigned freestyle topic, modified for an assigned student profile.

Candidates will receive a student profile the evening before or morning of the exam. The student profile will include gender, age, 1 sport, 1 hobby, 1 fear, and 1 motivation.

On the morning of the exam, candidates will be assigned their teaching topic. This teach should reflect the assigned student profile. The first portion of the progression will develop skills and movements outside the park (approx. 10 min), followed by applying those skills and movements to freestyle features

Prior to the teaching evaluation your examiner will lead the group in preride and rerride laps and discuss how the terrain that is available can be utilized during progressions. Your examiner will also present an example teaching presentation and answer any questions about the teaching format.

## Teaching Topics:

<b>Alpine</b>	<b>Snowboard</b>
<b>Pipe</b>	<b>Pipe</b>
<ul style="list-style-type: none"><li>● Intro to Air to Fakie</li><li>● Intro to Edge Change at Transition</li></ul>	<ul style="list-style-type: none"><li>● Intro to Air to Fakie</li><li>● Intro to Edge Change at Transition</li></ul>
<b>Boxes/Rails</b>	<b>Boxes/Rails</b>
<ul style="list-style-type: none"><li>● Intro to Left/Right foot Forward to Switch</li><li>● Intro to Switch-on Slides</li></ul>	<ul style="list-style-type: none"><li>● Intro to Frontside Boardslide</li><li>● Intro to Backside Boardslide</li><li>● Intro to Nose Press</li><li>● Intro to Tail Press</li></ul>
<b>Jumps</b>	<b>Jumps</b>
<ul style="list-style-type: none"><li>● Intro to Left or Right 180s</li><li>● Intro to Grabs</li><li>● Old School Tricks</li></ul>	<ul style="list-style-type: none"><li>● Intro to Frontside 180s</li><li>● Intro to Backside 180s</li><li>● Intro to Grabs</li><li>● Old School Tricks / Shifties</li></ul>

Teaching knowledge and experience will be evaluated based on your participation and conversations with the evaluator as well as your presentation to the group. We recommend that you have experience teaching students in the park. You must show the ability to safely manage and move a group of students through the park.

### **Day 3: Riding/Skiing Knowledge & Skill**

On the Riding/Skiing day, participants are evaluated on their ability to give demos at the beginner level. Participants will be asked to demonstrate the following tasks on small features.

**Flatland:** Switch Medium Radius Skidded Turns, Butters, Playground (linking freestyle tricks outside the park)

**Jumps:** 180s Left and Right, Basic grabs, Oldschool Tricks & Shifties

**Boxes/Rails:** Alpine: Left Foot Forward to Switch Off, Right Foot Forward to Switch off

SB: Boardslide, Nose/Tail Press

**Pipe/Transition Features:** Left Wall Right Wall Alley-Oop

Variations in movements and mechanics may be requested at the discretion of the evaluator. These could include changes in the type of flexion, extension, or rotation mechanics or in the Timing, Intensity, and Duration of those movements. Assessors will provide specific descriptions of any task.

The Assessor could be watching your riding at any time during the exam. You may be given the opportunity to free ride/ski during the exam; keep in mind this time is also part of the exam and can be used to practice your demonstrations. Environmental and snow conditions will be taken into consideration.

**Whatever your riding/skiing style, no matter what equipment you've chosen to bring to the exam, be ready to make it work in the freestyle environment.**