



# Alpine Freestyle Specialist 1

## Freestyle Specialist 1 Prerequisites

- Current PSIA-RM-AASI Member
- Alpine Level I Certification
- **Mandatory Completion of Freestyle workbook**
- **Mandatory Completion of Freestyle Experience Log**

## Exam Considerations

This is a three day event with one day clinic/preview followed by a two day exam.

Best preparation for the exam is attending an FS Clinic at your home resort or the Foundations of Freestyle clinic with PSIA-RM-AASI. Taking a few days of guided practice in the terrain park as you work through the FS Experience Long and Freestyle workbook will give candidates foundational knowledge and skillset. It is strongly advised all candidates have knowledge of the [National Standards, the Freestyle Manual, Alpine Technical Manual, & Teaching Snowsports Manual](#). **Candidates that have not completed the FS Exp Log and Workbook will not be able to attend the exam days.**

## **Retakes**

If a candidate does not pass Day 2 - Teach/MA or Day 3 - Skiing, they must attend the entire day or days they need to retake.

## Exam Schedule

Adjustments may be made to the exam schedule due to weather, mountain operations, conditions, terrain parks, or other unforeseen reasons. Candidates will be notified as soon as possible and decisions will be made in the best interest of safety.

## Clinic/ Preview Day 1, (On Snow)

The clinic is designed to review and refine skills for the FS1 Exam. The clinic day works in conjunction with the experience log to help prepare candidates for success.

<b>8:00a</b>	<b>Candidates meet with Examiners and prepare for the day</b>
<b>9:00a – 12:00p</b>	<b>Outside Park</b> Review all flatland maneuvers and another element (rail or jumps) through exploration, Q & A and recon of the park and pipe.
<b>12:00p –12:45p</b>	<b>Lunchtime (typically On Mountain)</b>
<b>12:45p - 3:30p</b>	<b>Inside Park</b> Review the remainder of maneuvers (pipe, sliding boxes/rails, jumping tasks). There will be a sample teach progression given in preparation for day 2.
<b>3:30p - 4:00p</b>	<b>Build Student Profile</b> The Teaching Day student profile is built through brainstorming with all candidates having input on shaping the nature of the student profile to be taught to the next day. This gives candidates time to do homework and develop lesson plans for the teach portions of the exam

**Teaching and Movement Analysis Day 2**

**Teaching using the “Outside-In” Teaching Methodology** (*Outside of the Park then move inside the park for optimal teaching experience*)

**Overview:** Exam candidates will be assigned a teaching topic and present the topic with regard to the student profile developed at the end of Day 1. Candidates will lead two teaches focused on their one topic with the first portion of the progression will be taught outside the park, (10 min) and the remaining portions of the progression being conducted inside the park (15min). Success will be for candidates to showcase their ability to teach a progression starting out of the park and progress into the park.

**Teaching Topics**

- Ollie over roller
- 180 on a jump/roller
- Grab on a jump
- Basic Butter over roller
- Old school trick on a jump
- Basic Half Pipe/Transitional Feature progression
- Switch into a basic jump/ roller
- Left/right foot forward on a rail/box
- Left/right foot forward to switch on a rail/box
- Switch into a basic rail/box

**8:00a – 12:00p**

**Outside Park Teaching Presentations**

Candidates will be assigned a topic approximately 10 mins prior to their outside teach (First candidate will have 10 min to prep, then the next candidate will pull their topic while the prior candidate is presenting)

**12:00 - 12:45pm**

**Lunchtime (typically On Mountain)**

**12:45p - 3:00p**

**Inside Park Teaching Presentations:**

Candidates will continue the teaching progression presented in the morning, this time bringing the outside park progression into the terrain park. Each teach will be approx. 15 mins. Safety of the candidate as well as the group is paramount. While every attempt to complete these presentations in the terrain park will be made, the Examiner reserves the right to modify routes, trails and feature locations in order to maintain safety.

**3:00p – 4:00p**

**Movement Analysis**

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 at a time while the rest of the group sessions features designated by Examiner. Candidates will have approximately 5 minutes for their MA presentation of an agreed upon Clinic Participants

# PSIA



# AASI

## ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America  
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performance.

**Successful Candidates should include the following in their MA presentation:**

- ATML zones -(where things are happening)
- Speed, POP, Spin – (what is happening)
- Cause and effect relationships – (what is causing what we are seeing)
- Prescription For Change- ( Motor Learning Cycle )

**Skiing Day 3**

All skiing maneuvers will be performed and scored through the course of the day.

8:00a	Meet with Examiners to layout ski day
9:00a - 10:30a	All flatland maneuvers will be scored outside of terrain park
10:30a – 11:30a	Terrain Park preview and inspection and feature practice
11:30a – 12:00p	Lunchtime (Typically On Mountain)
12:00p – 3:30p	Jam Format Scoring of all Terrain Park/Pipe Maneuvers

For complete lists of the scored maneuvers refer to FS1 Standards document on the PSIA-RM Website

**The Examiner(s) reserve the right to modify schedule or terrain to maintain safety of candidates and examiners or due to weather or other unforeseen circumstances.**

Results will typically be available between 4:30p – 5:30p. Confer with your examiner/exam manager for event specific result times and locations.