



The XC Certification Guidebook Rocky Mountain Division- PSIA-AASI

Revised July/2020

Drennan and Banks



Professional Ski Instructors of America

ROCKY MOUNTAIN

American Association of Snowboard Instructors

TABLE OF CONTENTS

PSIA-RM Membership

What is PSIA-RM Certification?

The PSIA-RM Cross Country Certification Pathway

Why Get Certified?

How do I prepare for Certification?

The XC Technical Model

The XC Skills

The National Standards

The XC Movement Analysis Model

How the Movement Analysis Model Works

Other Fun Reading

Your XC representatives




Welcome!!! Thank you for visiting the PSIA Rocky Mountain *Cross Country Guidebook*.

The *Cross Country Guide book* has been prepared specifically to help PSIA-Rocky Mountain members understand the process of becoming a certified Cross Country instructor and to answer some of the most common questions asked by potential candidates. Most professions measure proficiency with some type of certification. Ski instruction is no exception. We believe that Cross Country certification is a process which is well worth pursuing.

The first step toward certification is ...

PSIA-RM Membership

A candidate for any type of certification must be a current active member of PSIA/AASI and must meet all of the prerequisites for the desired certification level.

To become a Registered Member of PSIA-RM- Please go to www.psia-rm.org to register and pay yearly dues. The deadline for payment in the Rocky Mountain office is June 30th. Also note that *membership in PSIA may be maintained even if you are no longer teaching at a ski school as long as clinic credits and dues are current. New members of PSIA-RM will receive a New Member Handbook or you can access this on line at <http://www.psia-rm.org/membership/faqs>*

Maintaining Member status

- If you are a registered member, your only requirement is to pay your annual membership dues.
- If you are certified at any level, in addition to paying your yearly dues on time, you must also attend at least twelve hours (two days) of clinics for credit every other season.

Benefits of being a registered PSIA-RM member

- An active voice: A registered member is entitled to vote in PSIA-RM general elections. (Certified instructors with active status in good standing are eligible to hold office by vote of the general membership.)
- Top quality educational events and training: A registered member can attend any type of training event offered by PSIA with membership as the only prerequisite; i.e. Nordic, alpine, snowboard, adaptive, kids or seniors.
- Discounted lift tickets at many Rocky Mountain member schools
- Scholarship programs
- PSIA accessories catalogue purchases
- Publications: monthly *32 Degrees: The Journal of Professional Snowsports Instruction* and quarterly *From Instructor to Instructor*
- PSIA website access with event calendar, down-loadable educational material, on-line registration etc.
- Various additional discounts: See www.psia-rm.org and www.thesnowpros.org for a complete listing of benefits as well as pro deals.

Nordic Event Schedule and Fees

Please refer to www.psia-rm.org for a schedule of events, pertinent application forms and current event prices. The deadline dates for event registration will be published in the PSIA-RM Event Calendar. **For other information regarding Membership issues including Transferring PSIA membership from another division, See Appendix 2**

Certification:

What is PSIA-RM Cross Country Certification?

The PSIA-RM Cross Country program is designed to train and certify current and potential instructors. Each level of certification represents a greater degree of proficiency in skiing, teaching, and technical knowledge.

- A certified Level I XC instructor is able to offer a sound beginner classic or skate cross country ski lesson, including appropriate skiing demonstrations.
- A certified Level II XC instructor is able to offer an effective beginner or intermediate classic or skate

cross country ski lesson, including appropriate skiing demonstrations.

- A Level III instructor is able to teach all levels of classic and skate cross country skiing as well as proficiently demonstrate any skate or classic maneuver.
- A level III certified instructor can receive verification as a Rocky Mountain Trainer (RMT), who then is able to provide certification training at any level of fellow instructors.

The progression of certification levels is illustrated in the Cross Country Certification Pathway Map below.



Cross Country Certification Pathway Map

REGISTERED MEMBER



LEVEL I certified



LEVEL II certified



LEVEL III certified



ROCKY MOUNTAIN TRAINER

Why Get Certified?

In addition to the benefits of certification itself, the preparation for certification at every level is a valuable growth process. The Certification offered by PSIA-RM serves the Cross Country Ski professional by encouraging and providing training to develop people skills, teaching skills, and skiing skills. The certification process also functions as a method of evaluating instructor abilities. Furthermore, PSIA certification signifies excellent instruction to the skiing public by ensuring that they will be provided with the most consistent, professional instruction available.

How do I prepare for PSIA-RM Certification?

For level 1 level of certification you will need to:

Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

- Sign-up and take a Level 1 Preparation clinic
- Complete the level 1 workbook

- Ski at an Intermediate level in both Classic and Skate
- Sign-up, take and pass the level 1 assessment

For 2 level of certification you will need to:

Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

- Sign-up and take a Level 2 prep clinic (Or other prerequisite clinic)
- Complete the Level 2 workbook
- Ski at an Advanced level (Including black trails) in both Classic and Skate
- Sign-up, take and pass the Level 2 assessment.

For 3 level of certification you will need to:

Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

- Sign-up and take a Level 3 prep clinic (Or other prerequisite clinic)
- Complete the Level 3 workbook
- Ski at an Expert level (Any trail, any condition) in both Classic and Skate
- Sign-up, take and pass the Level 3 assessment.

PSIA certification involves studying and understanding specific educational materials which have been carefully developed over time by many dedicated skiing professionals. These materials reflect an agreed-upon belief system of what constitutes effective people skills, XC skiing skills, teaching skills and technical understanding. It is our hope that in pursuing PSIA certification, you will enhance and add to the effective knowledge, skills, and strengths you already possess.

The Certification Journey

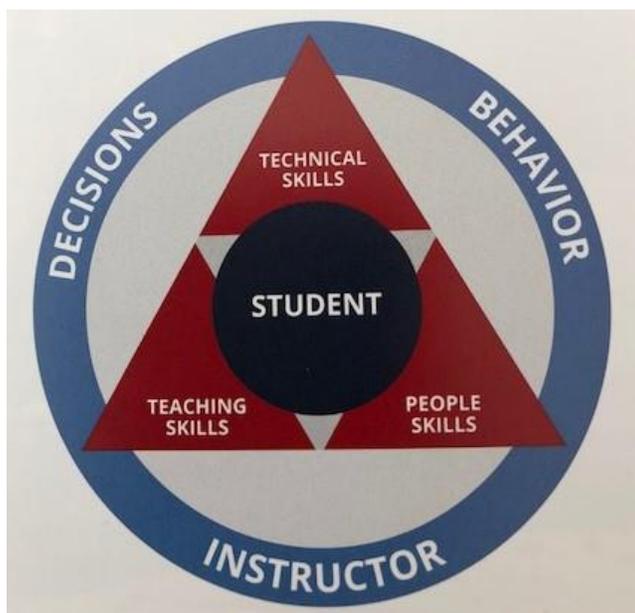
To prepare for certification you will need to....

- understand the PSIA course content for a your level
- do the homework for your level
- be very familiar with PSIA National published Manuals
- take the Preparation course for you level to practice and receive feedback on your teaching and technical knowledge. You will also receive feedback on all aspects of your skiing, including drills and maneuvers that help people learn how to ski effectively.
- have mastered the PSIA skiing, teaching and technical standards for your level
- **GO Teach XC Skiing!!!**

Please Note: If you do not study the PSIA materials, prepare, and attend the pre exam events, you may not achieve your desired level of certification -- not because you are a bad skier or a bad teacher, but because you are not prepared. An analogous situation would be that of a college student who is well versed in political science. This student enrolls in a political science class, but does not buy the textbook, do the homework, or attend any lectures. He/she simply goes to the final and still expects to do well. Unfortunately, this student has failed to recognize that the exam is based on the course content, not his/her personal knowledge. In a similar way, some candidates for PSIA certification have simply attended the certification event expecting to pass on their skiing ability and experience alone, without properly preparing. their results. In most circumstances, these candidates have been disappointed with

Pursuing PSIA certification requires work on your part, but your effort will pay big dividends. The journey to certification will help you become an even better skier and educator than you already are, and if you are willing, you'll have a lot of fun along the way.

Learning Connection



The Learning Connection, pictured above, forms the framework for all of PSIA educational material. All of our skills as instructors focus on the student who is at the center of the model. These instructor skills are further divided into People Skills, Teaching Skills, Skiing skills and Technical Skills. PSIA reference materials cover these skill groups individually. *The Snowsports Teaching Manual* covers *People Skills* and *Teaching Skills*. *The Cross Country Technical Manual* covers Cross Country Technical Skills and Skiing Skills. You also can gain an in depth understanding of these concepts and their application at PSIA prep clinics. We encourage you to grow by learning as much as possible from the additional educational material offered at www.psia-rm.org and www.thesnowpros.org

Required Reference Manuals: available for purchase at <http://www.thesnowpros.org/shop/catalog/education>)

- Teaching Snowsports Manual
- Cross Country Technical Manual

Reference Materials available on the RM website: <https://www.psia-rm.org/education/cross-country/>

- Prep clinic outlines
- Certification outlines
- XC National Certification standards
- Workbooks

- Movement Analysis (MA) exam formats
- Scorecards
- What to expect on exam day



Rocky Mountain Divisional website: www.psia-rm.org

PSIA National website: www.thesnowpros.org

This Guidebook provides the pathway, information about the process, and reference materials necessary to move forward on certification. So commit to pursuing certification and grow as a skier and an instructor!!! You will enjoy the process!

Best, PSIA-RM Education Staff

Other Fun reading:

Abraham, Horst. *The American Teaching Method, Part II*, Progression and ki Mechanic, CO: PSIA, 1977.

Barnes, Bob. *The Complete Encyclopedia of Skiing, 3rd Edition*. Silverthorne, Colorado: The Snowline Press, 1999.

Foster, Mary H. "Skadi Hunting in the Mountains." from *Asgard Stories: Tales from Norse Mythology*'. Silver, Burdett and Company, 1901.

Loring, Maggie. *Core Concepts for Snowsport Instructors*. USA: American Web, Inc, 2001.

Markova, Dawna. *The Open Mind*. Boston, Massachusetts: Conari Press, 1996.

Peterson, Kim et al. *Guest Centered Teaching Workbook*. Winter Park, Colorado: Winter Park Recreational Association, 2001.

Schrupp, Wendy, Rebecca Ayers, and Jessie Halverson (ed.). *Children's Instruction Manual*. Lakewood, Colorado: American Snowsports Education Foundation, 2008.

Still, Steven. *The American Teaching System*, 2nd ed. USA: Professional Ski Instructors of America, 1993.

The Learning Connection. <http://www.interski-2015.org/wp-content/uploads/PSIA-AASI-Interski-Presentations.pdf>

Acknowledgements

A special thanks to Linda Guerrette for the photographs taken at PSIA-RM Nordic Rendezvous 2015

Your Nordic Representatives

Cross Country Chairperson: Patti Banks patebanks@yahoo.com

XC National team representatives: Emily Lovett and Greg Rhodes

