



**PSIA CERTIFIED LEVEL III
CROSS COUNTRY SKIING
ASSESSMENT FORM**

Candidate: _____
 Date: _____
 Region: _____
 Assessors: _____

Location: _____

Sample Form

- Assessment Scale for Certified Level III:
1. Essential elements were not observed or not present.
 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.

Instructor Decisions & Behavior

Professionalism and Self Management: Promotes a professional environment by adapting behaviors to positively affect others. (Continual Assessment)

Attained	Did not Attain	Score

Needs/Safety
Address group and individual needs for esteem.

Feedback
Adapts behaviors for positive group and individual interaction.

Section Average: Must be 4 or above to meet Learning Outcome

Comments (This box is expandable)

Skiing Performance

Demonstrates mastery of the XC Fundamentals in both classic and skate technique to demonstrate specific outcomes through the advanced skill level in a wide variety of terrain.

Downhill
Optimize speed and change of direction on downhills.
(must pass 4 or above)

Continuously Ski
30 minutes in a wide variety of terrain **Classic or Skate**
(must pass 4 or above)

Downhill Assessment Activities (Click to select)

Comments (This box is expandable)

Classic

Pushoff
Control the power of the ski and pole push to optimize speed.

Weight Transfer
Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side).

Glide
Control optimal duration of glide.

Versatility
Demonstrate versatility in a wide variety of terrain.

Section Average: Must be 4 or above to meet Learning Outcome

Classic Assessment Activities (Click to select)

Comments (This box is expandable)

Skate

Pushoff
Control the power of the ski and pole push to optimize speed.

Weight Transfer
Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side).

Glide
Control optimal duration of glide.

Versatility
Demonstrate versatility in a wide variety of terrain.

Section Average: Must be 4 or above to meet Learning Outcome

Skate Assessment Activities (Click to select)

Comments (This box is expandable)

Large empty area for instructor input and comments.