



**PSIA-RM CROSS COUNTRY
CERTIFIED LEVEL 3
ASSESSMENT FORM**

Date _____ / _____ / _____

Candidate Name _____

Location _____

Examiners _____

Candidate's Workbook Completed: ___ Yes ___ No

Attained X-C Level 3 Certified

Did Not Attain X-C Level 3 Certified

Scoring Criteria for X-C Certified Level 3:

- 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.

Skiing

Attained Level **Did Not Attain Level**

COMMENT SCORE

- *Diagonal Stride _____
- *Double Pole _____
- *Kick Double Pole _____
- *Skate Turn _____
- Transitions _____
- *V 1 Skate _____
- *V 2 Skate _____
- *V 2 Alternate Skate _____
- Basic Parallel Turns/hockey stops _____

*Must attain a score of 4 for each critical maneuver to pass

Overall Comments: _____

Teaching

Attained Level **Did Not Attain Level**

TEACHING TOPIC IS: _____

- | | COMMENT | SCORE |
|--|---------|-------|
| Masters application of the Teaching/learning cycle | _____ | _____ |
| Customizes lesson to all Individual Motivations | _____ | _____ |
| Provides environmentally/emotionally safe lesson | _____ | _____ |
| Provides feedback which facilitates in-depth understanding | _____ | _____ |
| Creates a highly engaging learning environment | _____ | _____ |
| Lesson technically accurate | _____ | _____ |
| Professionalism | _____ | _____ |

Overall Comments: _____

Technical / MA

Did Not Attain Level **Attained Level**

COMMENT SCORE

- Advanced Ski Prep / Wax for Classic/ Skate Skis _____
- Mastery application of XC technical model _____
- Perform M.A. on Advanced X-C Skier using RM MA format:**
- Describes all elements within all phases _____
- Determines Cause and Effect _____
- Prescribes effective Change _____

Overall Comments: _____
