



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

Cross-Country Level 3 Prep Clinic

Edited 8/22

Prerequisite:

- XC Level 2 certification
- XC Level 1 E-Learning course highly recommended

Course Description:

This course is designed to help you improve and fine-tune your XC teaching skills, people skills, personal skiing and technical knowledge for both Classic and Skate technique. The course will help prepare you for and is the prerequisite courses for Level 3 Certification. The PSIA Cross Country Standards and Performance Guide will be covered. This clinic will also cover the XC Level 3 Certification Workbook. Please download the workbook from the PSIA-RM website, complete as much as possible and bring it to the clinic. The workbook can be found online and downloaded at:

<https://www.psia-rm.org/education/cross-country/>

Please become familiar with the following PSIA-Rocky Mountain XC Education Materials: *All below documents can be viewed/downloaded at:*

<https://www.psia-rm.org/education/cross-country/>

- XC Certification Guidebook
- XC Level 3 Assessment outline /What to expect on assessment day.
- XC Level 1 XC E-Learning course and XC level 2 and 3 Workbooks
- XC Level 3 Assessment form
- XC Level 3 PSIA National Certification Cross-Country Standards and the Level 3 Performance Guide
- XC E-learning courses: "Delivering the beginner experience – Cross Country" You can access the course at: <https://lms.thesnowpros.org/> (You need to be a PSIA member, then log in using your username and password)

Learning Outcomes:

At this Clinic the participants will...

PSIA



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- Improve personal skiing thru the XC skiing skills and fundamentals to be able to demonstrate skiing in a lesson for advanced skiers.
- Improve implementation of people and teaching skills to create lessons for the XC skiing public for advanced skiers
- Improve understanding of the XC technical model and Skiing fundamentals as it relates advanced skiers
- Improve the use the movement analysis model to help meet the skiing goals of advanced skiers

Learning Activities:

- Candidates will teach to other participants.
- Candidates will demonstrate assessment criteria of teaching, people technical, and skiing listed found on the Level 3 Assessment form. The Assessment forms can be found online at: <https://www.psia-rm.org/education/cross-country/>
- Participants will demonstrate their knowledge of the XC skiing fundamentals
- Participants will demonstrate their knowledge of Movement Analysis for XC Level 3
- Participants will be videoed and will do their own movement analysis on themselves

Materials Needed:

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- Level 3 workbook completed as much as possible