

## ***XC Level 3 Assessment Outline and What to Expect on Assessment Day***

*Edited Sept /2021*

### ***Prerequisites:***

- Attend a Cross Country Level 3 Prep course
- \*Optional - Complete the XC E-learning module "Delivering the beginner experience – Cross Country". You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).
- Complete the Level 3 Workbook and turn in the first morning of the assessment. **We highly recommend reviewing/completing the level 1 and 2 workbooks** for this will help familiarize you with the New XC Certification National Standards of 2021.

### ***Assessment Description:***

The assessment process will verify your teaching, people, and skiing skills, as well as your technical knowledge. This will be evaluated according to the PSIA Cross Country Certification Standards and Performance Guide and can be downloaded at: <https://www.psia-rm.org/download/resources/cross-country-documents/xc-level-1/national-standards.html>

Please complete and turn in the Level 3 Workbook on the first morning of the assessment. All levels of the Workbook and PSIA Cross Country Certification Standards can be downloaded at:

<https://www.psia-rm.org/download/resources/cross-country-documents/XC-Level-3/rocky-mountain-workbooks.html>

*You will receive a copy of the Level 3 assessment form at the beginning of the event. This assessment form is for you to keep, to write down your personal feedback, notes, thoughts, fresh insights, new cool teaching ideas, etc. Expect little written feedback on your assessment form that is filled out by your verifiers, since it is your responsibility to write down your personal feedback throughout the assessment.*

### ***Assessment Criteria:***

- The Assessment Criteria outline the performance details required to show that the learning outcomes have been met. The Assessment Criteria are both listed in the PSIA Cross Country Level 3 Certification Standards/Performance Guide and on the Assessment Form. **Pending finalization of the assessment criteria please refer to the Level 3**

**Assessment Form for the most up to date assessment criteria, which can be downloaded at: <https://www.psia-rm.org/education/cross-country/>**

### ***Assessment Activities:***

- These are the activities or tasks a candidate performs to demonstrate that learning has occurred. For details, refer to the associated PSIA XC Certification Standards/L3 Performance Guide for People, Teaching and Technical.

### ***Materials Needed:***

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks

## ***What to Expect on Assessment Day***

Information, Thoughts, Things to consider:

- **Your Evaluators are here to help you succeed and learn.**
- Our greatest strength and learning opportunity is the group. Let's create the most fun and rewarding certification event ever, together.
- Please be an active learner: contribute, share, listen, be open-minded, be sensitive to group needs. Tell us your needs so you get what you want.
- Evaluators will be as transparent as possible and will meet with each of you individually during the process to go over your feedback notes, and if you wish, go over how you are doing.

### **Tentative Agenda**

**8:30-8:45 Check-in: Turn in completed XC Level 3 Workbook.**

**After check-in:** introduction, overview of the 2 days, personal goals, answer questions, head out on snow. There is a possibility of an evening zoom meeting prior to the assessment, to replace the first morning's introduction/overview session. We usually ski Classic Technique in the AM, Skate in the PM for both days.

**The following will be accomplished during the 2 days:**

**Teaching skills:** You will lead at least two 15-45 minute sessions to your group, appropriate for their motivations, level, and movement needs. Exact duration of sessions will depend on event logistics. While you are warming up with your group on the first morning, start getting to know your peers. Find out your peers' goals which can then guide how you plan your teaching sessions.



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- 1st teaching topic will be your choice, **and** in consideration of the goals of your peers.
- 2nd teaching topic will be chosen for you by your evaluators
- If additional teaching scenarios are assigned, evaluators will inform you how the topics will be determined.
- Candidates will practice giving each other feedback according to the Teaching Learning Outcomes (Assess, implement and reflect/review)
- After you teach, your peers and evaluators will review your session with you.

**PEOPLE Skills:** You will be evaluated on the Learning Outcomes of Professionalism and Self Management for the 2021-22 season. These two learning outcomes are found in the PSIA Cross Country Level 3 Certification Standards/Performance Guide. People skills will be assessed during your teaching segments and throughout the assessment.

**SKIING Skills:** You will ski through a variety of assessment activities (XC skiing techniques and tasks) to verify you demonstrate the assessment criteria of the PSIA Cross Country Certification Standards. Some tasks/maneuvers may be videoed and reviewed. Receiving personal feedback on your performance of the skiing activities is an essential part of the verification process. Please help us by communicating when and how we can best provide your feedback.

**Please remember to write your personal feedback on your assessment form given to you at the beginning of the assessment.**

**MOVEMENT ANALYSIS (MA)/TECHNICAL:** MA will be verified according to the PSIA Level 3 Cross Country National Certification Standards/Performance Guide. Assessment activities for MA may include watching a video of skiing, a video of yourself and/or performing MA on skiers on snow. You may be asked technical questions during your teaching segment and throughout the event related to MA.

**The MA assessment process could look something like the following:**

In a quiet location the educator(s) will choose a videoed skier to observe. The video will be run at regular speed for 1-2 minutes of skiing time and in slow motion if needed. The candidate will have a couple of minutes to write notes, if needed, and then give his or her analysis. The educator(s) will ask questions to clarify the information the candidate offers and will give minimal coaching to the candidate throughout the process. Each individual session should take about 15 minutes.

**Additional:**

- Assessment Event evaluations/feedback forms can be completed online (they will be emailed to you automatically). We would very much like to hear how your assessment experience was and how we can improve the assessment process!



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- Your Workbooks will be returned to you at the end of the event.

**We plan to be done by 4:30ish each day (as long as Mother Nature cooperates)**