



Teaching Skills	
Assess & Plan: Plans learning outcomes and organizes progressive learning experiences relevant to beginner/novice students.	
Assess: Identify student motivations, performance, and understanding.	
Collaborate: Select basic progression with clear direction and focus.	
Plan Lesson: Plan lessons that involve productive use of movement, practice time, and terrain.	
Implement: Facilitates learning experiences that guide students toward the agreed-upon outcome and engages them in the process.	
Pacing: Pace a clear progression to allow students appropriate time to explore and/or play toward desired outcomes.	
Organize: Organize the learning environment to align with the initial assessment of the group.	
Descriptions, Demonstrations, Feedback: Give the group relevant information that encourages learning.	
Physical Risk: Limit physical risk.	
Emotional Risk: Manage levels to maintain engagement in the learning environment.	
Reflect/Review: Communicates performance changes that target the learning outcome to help students identify that a change has been made.	
Describe Change: Communicate changes in performance.	
Relate Change: Relate changes in performance to lesson outcomes.	

Instructor Decisions & Behavior	
Professionalism and Self-Management: Maintains a professional environment by demonstrating self-awareness and self-management. (Continual Assessment)	
Needs/Safety: Address group and individual safety and physiological needs.	
Behavior Management: Exhibits positive behavior in response to feedback.	
People Skills	
Communication: Engages in meaningful verbal and non-verbal communication with the group as a whole. (Assessed when teaching)	
Communication: Use verbal and non-verbal communication in a professional manner.	
Active Listening: Ask questions to learn about others.	
Actionable Feedback: Delivers actionable feedback	
Relationships with Others: Identifies likely motivations and emotions of individuals and understands group dynamics. (Assessed when teaching)	
Interaction: Initiate group interaction to build group dynamics.	
Motivations/Emotions: Identify the motivations and emotions of students.	

<p>Assessment Scale for Certified Level I:</p> <ol style="list-style-type: none"> 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.
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Skiing Performance

Adjusts and adapts the XC Fundamentals to demonstrate specific outcomes for both classic and skate technique at the beginner skill level in beginner and some intermediate terrain.

Downhill: Control speed and change direction.

Continuously Ski: 15 minutes in beginner and some intermediate terrain, classic or skate.

Downhill Assessment Activities: half-wedge, gliding wedge, wedge turn

Classic

Push Off: Manage ski & pole push to create forward movement

Weight Transfer: Control the center of mass (CM) over the base of support (fore/aft and side to side)

Glide: Glide on one ski

Versatility: Show versatility in beginner terrain

Classic Assessment Activities: Diagonal Stride, Double Poling, Herringbone, Step Turn

Skate

Push Off: Manage ski & pole push to create forward movement

Weight Transfer: Control the center of mass (CM) over the base of support (fore/aft and side to side)

Glide: Glide on one ski

Versatility: Show versatility in beginner terrain

Skate Assessment Activities: Marathon Skate, Step Turn, V1, V2, V2 Alternate

Movement Analysis

Accurately describes cause-and-effect relationships between body and ski performance and provides a relevant prescription for change for beginner skiers.

Describe: Describe a skier's performance, focusing on body position and body movements for one XC skill.

Cause-and-Effect: Describe cause-and-effect relationship between body position and body movements to the skis' performance for one XC skill.

Prescription: Provide a relevant prescription for change in body position and body movements for one XC skill to create a desired outcome.

Technical Understanding

Uses current PSIA cross country resources to identify and describe a skier's performance at the beginner skier level.

Describe Personal Skiing: Accurately identify and describe personal skier performance, using body position and body movements of one XC skiing skill.

Describe Ideal Skiing: Accurately describe ideal skier performance using body position and body movements of one XC skiing skill.

Change Personal Performance: Communicate understanding by changing personal skiing performance based on feedback at the beginner level.

Utilize Information: Identify and reference information from current PSIA resources relative to skier performance and desired outcome.

Equipment & Wax: Observe and describe how equipment choices affect performance and safety for beginner skiers.