



**PSIA-RM CROSS COUNTRY  
CERTIFIED LEVEL 1  
ASSESSMENT FORM**

Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Candidate Name \_\_\_\_\_

Location \_\_\_\_\_

Clinic Leader (s) \_\_\_\_\_

Candidate's Workbook Completed \_\_\_\_\_ Yes \_\_\_\_\_ No

**Attained X-C Level 1 Certified**

**Did Not Attain X-C Level 1 Certified**

**Scoring Criteria for X-C Certified Level 1:**

- 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 \_\_\_\_\_

Uphill Diagonal \_\_\_\_\_

Herringbone \_\_\_\_\_

\*Double Pole \_\_\_\_\_

\*Step Turn on flats \_\_\_\_\_

Marathon Skate \_\_\_\_\_

Diagonal V Skate \_\_\_\_\_

\*V 1 Skate \_\_\_\_\_

\*Wedge \_\_\_\_\_

Educator's Choice: \_\_\_\_\_

*\* Must attain score of 4 in each critical maneuver to pass*

**Comment:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Teaching**

Attained Level  Did Not Attain Level

BEGINNER TEACHING TOPIC IS: \_\_\_\_\_

COMMENT SCORE

Understands Teaching/ Learning Cycle/ Lesson is Logical \_\_\_\_\_

Lesson Technically Accurate/ appropriate Feedback \_\_\_\_\_

Develops Rapport/ Engages Group/ Appropriate Pace \_\_\_\_\_

Moves Group in a Safe Manner \_\_\_\_\_

**Comment:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Technical**

Attained Level  Did Not Attain Level

COMMENT SCORE

Understands Waxing \_\_\_\_\_

Demonstrates Accurate Technical Knowledge \_\_\_\_\_

Understands XC technical model \_\_\_\_\_

Can Perform Movement Analysis on Beg. X-C Skiers \_\_\_\_\_

Recognizes Kick Double Pole & Skating Turn \_\_\_\_\_

Recognizes V 2 Skate & V 2 Alternate Skate \_\_\_\_\_

**Comment:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_