PSIA-RM CROSS COUNTRY CERTIFIED LEVEL 1
ASSESSMENT FORM

☐ **Attained X-C Level 1 Certified**

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

Date _____ /_____ /_____

Candidate Name _____

Location _____

Clinic Leader (s)_____

Candidate's Workbook Completed _____ **Yes** _____ **No**

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		
Herringbone		
*Double Pole		
Step Turn		
Marathon Skate		
V2 or V2A (candidate choice)		
*V 1 Skate		
Wedge Turn		
½ Wedge		

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

Comment: _____

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Teaching

☐ **Attained Level** ☐ **Did Not Attain Level**

BEGINNER TEACHING TOPIC IS: _____

	COMMENT	SCORE
Lesson Addresses Student Motivations		
Lesson Technically Accurate		
Develops Rapport/ Engages Group/ Appropriate Pace		
Moves Group in a Safe Manner		
Provides Feedback		
Wrap Up		
Professionalism		

Comment: _____

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Technical / MA

☐ **Did Not Attain Level** ☐ **Attained Level**

	COMMENT	SCORE
Demonstrates basic application of XC technical model		
Understands waxing (glide/kick/waxable/fishscale/skins)		
Recognizes Kick double pole		P/F

Perform M.A. on Beginner X-C Skier using RM MA format:

Describes Body Position and Fund Movement in one phase		
Determines Cause and Effect		
Prescribes effective Change		

Overall Comments: _____

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