



WHAT TO EXPECT AT YOUR EXAM

Revised 8/2/18

PSIA-RM XC Level 1 Certification

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, and be honest.
- You will receive a Level 1 Certification booklet at the beginning of your event. **This booklet is for you to write down your personal feedback**, notes, thoughts, fresh insights, new cool teaching ideas, etc., and is for you to keep. There will be no written feedback on your scorecards.
- Evaluators will be as transparent as possible and will meet with each of you individually during the process to go over your booklets and if you wish, go over how you are doing.

Tentative Agenda

8:30-8:45 Check-in and collect completed XC Level 1 Workbooks

After check-in: introduction, overview of the day, personal goals, and answer questions. We are usually on Classic skis in the AM and Skate skis in the PM.

The following will be accomplished during the exam day.

TEACHING:

You will teach at least **two** 10 - 15-minute sessions to a beginner level student. Exact duration of sessions will depend on event logistics. After you teach, your evaluators will review your session with you.

- 1st teaching segment will be a topic of your choice.
- 2nd teaching segment topic will be chosen for you by your certification event leaders.

*You may also be asked to give a short, 3-5-minute, presentation on a topic of your choice or a topic picked by your evaluator.

SKIING:

We will ski through many if not all the skiing maneuvers and tasks listed in the XC 1 Workbook/checklist. Movement criteria for scoring are based on the National XC Skiing Standards Matrix found in the PSIA-RM Nordic Handbook. Some tasks/maneuvers may be videoed and reviewed inside. Receiving personal feedback on your performance of the skiing maneuvers 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 in your certification booklet!**



PSIA-Rocky Mountain-AASI



MOVEMENT ANALYSIS/TECHNICAL:

Movement Analysis will be done inside using a video with the same format which is found under Certification in the XC Handbook. You may be asked technical questions during your teaching segment and throughout the event related to Movement Analysis.

Exam evaluation forms will be handed out. Please complete and return them while the evaluators are completing the results at the end of the event or you can complete evaluations online (online evaluations will automatically be sent out).

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

We will be done by 4:30ish as long as Mother Nature cooperates.