

Cross Country Level 1 Assessment outline

Prerequisite:

- Must have attended a Cross Country Level 1 Prep Clinic or eligible bypass requirements (please see Bypassing Certification Courses Policy doc under XC Reference Materials) downloaded at :<https://www.psia-rm.org/education/cross-country/>
- Be in intermediate XC classic **and** skate skier.
- Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

Assessment Description:

This one-day Assessment is designed to validate candidates who have no prior Cross-Country PSIA certification. Skiing (classic and skate), teaching, and technical knowledge will be evaluated according to the PSIA National standards. Please download the Level 1 Workbook, complete and turn in on exam day. The workbook can be downloaded at:

<https://www.psia-rm.org/education/cross-country/>

Assessment Criteria

- PSIA National Cross-Country Standards for Level 1
- PSIA-RM XC Level 1 Assessment Form

Above docs can be downloaded at <https://www.psia-rm.org/education/cross-country/>

Assessment Activities (based on the PSIA-RM Assessment Form)

downloaded at:

<https://www.psia-rm.org/education/cross-country/>

- Candidates will demonstrate on skis many to all tasks and techniques listed in the Level 1 Assessment Form
- Candidates will teach to a beginner skier incorporating the teaching criteria listed in the Level 1 Assessment Form. Participants will incorporate the skiers' responsibility code in their teaching.

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- Candidates will demonstrate technical knowledge incorporating the technical criteria listed in the Level 1 Assessment Form. Candidates will perform movement analysis and in the format described in the MA format for XC Level 1 exam Selection. This Document can be downloaded at: downloaded at: <https://www.psia-rm.org/education/cross-country/>

Materials Needed:

- Classic/skate skis, boots and poles and appropriate wax for groomed tracks
- Completed XC level 1 workbook to be turned in the morning of the exam