



# PSIA-Rocky Mountain-AASI



## *Cross Country Level 1 Exam*

**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) and be an intermediate XC classic **and** skate skier.

### **Exam Description:**

This one-day exam 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. The exam will cover the XC Level 1 Certification Workbook. Please download the Workbook from the PSIA-RM website, complete and turn in on exam day.

The Level 1 workbook can be downloaded at: <http://www.psia-rm.org/education/cross-country/reference-materials>:

### **Assessment Criteria**

- PSIA National Cross-Country Standards for Level 1
- PSIA-RM XC Level 1 Scorecard: <http://www.psia-rm.org/education/cross-country/reference-materials>

Note: The scorecard and the checklists in the back of the XC Level 1 workbook are identical.

### **Assessment Activities** *(based on the PSIA-RM scorecard)*

- Candidates will demonstrate on skis many to all tasks and techniques listed in the Level 1 Scorecard
- Candidates will teach to a beginner skier incorporating the criteria listed in the Level 1 Scorecard. Participants will incorporate the skiers' responsibility code in their teaching.
- Candidates will demonstrate technical knowledge incorporating the criteria listed in the Level 1 scorecard, including Movement Analysis on a beginner skier in the format described under Certification in the XC Handbook for Level 1.

The XC handbook can be downloaded at: <http://www.psia-rm.org/education/cross-country/reference-materials>

### **Materials Needed:**

- Classic/skate skis, boots and poles and appropriate wax for groomed tracks
- Completed XC level 1 workbook