

Cross Country Level 1 Prep Clinic Outline

Edited July/2020

Prerequisite:

- *Current PSIA Member*
- *Be an intermediate skier in both classic and skate*

Please become familiar with the PSIA-Rocky Mountain XC Education Materials:
All below documents can be viewed/downloaded at: <https://www.psia-rm.org/education/cross-country/>

- XC Certification Guidebook
- XC Level 1 Assessment Form
- XC Level 1 XC Workbook
- XC Level 1 PSIA National Certification Cross-Country Standards.
- Movement Analysis format for XC level 1
- Be an intermediate skier in both classic and skate
- XC E-learning module "Delivering the beginner experience – Cross Country". To go to a level 1 certification, this must be completed at least 72 hours before the assessment.) You can access the course at: <https://lms.thesnowpros.org/> (You need to be a PSIA member, then log in using your username and password)

Course Description:

This clinic is designed for instructors who are new to Cross-Country instruction and/or have no prior Cross-Country PSIA certification. Develop teaching methodology while improving technical knowledge and personal skiing skill in both Classic and Skate techniques. Skiing maneuvers will be demonstrated and developed through practice and feedback. This clinic is a prerequisite for Level 1 Certification. The clinic will cover the X-C Level 1 Certification Workbook, which must be downloaded from the PSIA-RM website and completed to the best of your ability prior to attending the clinic

Learning Outcomes:

On successful completion of this course the students will...

- Practice skiing techniques listed under X-C level 1 Assessment Form
- Learn how to teach the X-C skiing public from beginners to low intermediates
- Learn how to apply the XC Technical Model to beginner XC skiers.

Learning Experiences:

- Practice diagonal stride and skating techniques
- Learn the basics of waxing classic and skating skis
- Learn how to communicate efficiently with students
- Learn and apply the Teaching/Learning Cycle
- Learn a basic skating and classic progression for a beginner student
- Learn the skier's responsibility code

Learning Activities:

- Participants will demonstrate many to all tasks and techniques listed in the Level 1 Assessment Form.
- Participants will teach topics pertinent to beginner XC skiers
- Participants will demonstrate knowledge of the XC Technical Model
- Participants will complete Movement Analysis on a beginner skier using the Movement Analysis format for XC Level 1. Downloaded at: <https://www.psia-rm.org/education/cross-country/>

Materials Needed:

- Classic/skate skis, boots and poles and appropriate wax for groomed tracks
- XC level 1 workbook-completed as much as possible