

Cross Country Level 1 Prep Clinic Outline

Edited 8/22

Prerequisites:

- 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 outline /What to expect on assessment day.
- XC Level 1 XC Workbook
- XC Level 1 Assessment form
- XC Level 1 PSIA National Certification Cross-Country Standards and the Level 1 Performance Guide
- XC E-learning courses: "Delivering the beginner experience – Cross Country" and "XC Level 1 E-Learning course" (To go to a level 1 certification, this must be completed at least 1 week 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, People, and Skiing skills, as well as technical knowledge in both Classic and Skate techniques. Skiing skills will be practiced through techniques and tasks and developed through practice and feedback. This clinic is a prerequisite for Level 1 Certification

Learning Outcomes:

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

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ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

- Practice and develop Skiing, People, Technical and Teaching skills
- Learn how to teach the X-C skiing public from beginners
- Learn how to apply the XC Fundamentals and Technical Model to beginner XC skiers.
- Learn about Level 1 XC Certification National Standards and Performance Guide

Learning Experiences:

- Practice skills of weight transfer, push off and glide while classic and skate skiing
- Learn the basics of People, Teaching, Skiing skills and Technical Knowledge
- Learn the basics of waxing classic and skating skis
- 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 practice skiing skill and apply them to classic and skate skiing techniques.
- Participants will practice their knowledge of the XC Technical Model
- Participants will practice Movement Analysis on a beginner skier
- Participants will practice beginner teaching scenarios

Materials Needed:

- Classic/skate skis, boots and poles and appropriate wax for groomed tracks (Equipment rental may be available at event)