

## *Cross Country Level 1 Prep Clinic Outline*

Edited Aug/2021

### ***Prerequisites:***

- Current PSIA Member
- Be an intermediate skier in **both** classic and skate
- Bring the Level 1 Workbook completed as much as possible to the event

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 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, 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. It 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 the clinic.

**PSIA**



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**ROCKY MOUNTAIN DIVISION**

Professional Ski Instructors of America  
American Association of Snowboard Instructors

### ***Learning Outcomes:***

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

- 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 skills 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)