

XC Level 1 Assessment Outline and What to Expect on Assessment Day

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Prerequisites:

- Attend a Cross Country Level 1 Prep Clinic or satisfy 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 an 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).
- Turn in completed XC Level 1 Workbook on the morning of the assessment.

Assessment Description:

The assessment process will verify your teaching, people, and skiing skills, as well as your technical knowledge. This will be evaluated according to the *PSIA Cross Country Certification Standards and Performance guide* and can be downloaded at <https://www.psia-rm.org/download/resources/cross-country-documents/xc-level-1/national-standards.html>

Please complete and turn in the Level 1 Workbook on the first morning of the assessment. The Level 1 Workbook can be downloaded at https://www.psia-rm.org/download/resources/cross-country-documents/xc-level-1/Cross-Country-Level-1-Workbook_Questions-2020-3.pdf

You will receive a copy of the Level 1 assessment form at the beginning of the event. This assessment form is for you to keep, to write down your personal feedback, notes, thoughts, fresh insights, new cool teaching ideas, etc. Expect little written feedback on your assessment form that is filled out by your verifiers, since it is your responsibility to write down your personal feedback throughout the assessment.

Assessment Criteria:

- The Assessment Criteria outline the performance details required to show that the learning outcomes have been met. The Assessment Criteria are both listed in the PSIA Cross Country Level 1 Certification Standards/Performance Guide and are listed on the Assessment Form. **Pending finalization of the Assessment Criteria please refer to the Level 1 Assessment Form for the most up to date version, which can be downloaded at:** <https://www.psia-rm.org/education/cross-country/>

Assessment Activities:

- These are the activities or tasks a candidate performs to demonstrate that learning has occurred. For details, refer to the associated PSIA L1 Performance Guide for People, Teaching and Technical.

Materials Needed:

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks

What to Expect on Assessment Day

Information, Thoughts, Things to consider:

- **Your Evaluators are here to help you succeed and learn.**
- Our greatest strength and learning opportunity is the group. Let's create the most fun and rewarding certification event ever, together.
- Please be an active learner: contribute, share, listen, be open-minded, be sensitive to group needs. Tell us your needs so you get what you want.
- Evaluators will be as transparent as possible and will meet with each of you individually during the process to go over your feedback notes, and if you wish, go over how you are doing.

Tentative Agenda

8:30-8:45 Check-in: Turn in completed XC Level 1 Workbook.

After check-in: introduction, overview of the day, personal goals, answer questions, head out on snow. We usually ski Classic Technique in the AM, Skate in the PM.

The following will be accomplished during the day:

TEACHING Skills: You will lead at least two 10-30 minute sessions to your group. Level 1 candidates teach beginner to novice level students.

Exact duration of sessions will depend on event logistics. While you are warming up with your group on the first morning (or during the level 1 Prep clinic), start getting to know your peers. Find out your peers' goals which can then guide how you plan your teaching sessions. If you find you need some help planning your teaching sessions, your peers and evaluators can be used as resources (like a lifeline)!

- 1st teaching topic will be your choice, and in consideration of the goals of your peers.
- 2nd teaching topic will be chosen for you by your evaluators
- If additional teaching scenarios are assigned, evaluators will inform you how the topics will be determined.
- Candidates will practice giving each other feedback according to the components of the Teaching/Learning cycle.

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- After your teaching session, your peers and evaluators will review your session with you.

PEOPLE Skills: You will be evaluated on the Learning Outcomes of Professionalism and Self Management for the 2021-22 season. These two learning outcomes are found in the PSIA Cross Country Level 1 Certification Standards/Performance Guide. People skills will be assessed during your teaching segments and through out the assessment.

SKIING Skills: You will ski through a variety of assessment activities (XC skiing techniques and tasks) to verify you demonstrate the assessment criteria of the PSIA Level 1 Cross Country Certification Standards. Some tasks/maneuvers may be videoed and reviewed . Receiving personal feedback on your performance of the skiing activities is an essential part of the verification process. Please help us by communicating when and how we can best provide your feedback.

Please remember to write your personal feedback on your assessment form given to you at the beginning of the assessment.

MOVEMENT ANALYSIS/TECHNICAL (MA): Movement Analysis (MA) will be verified according to the PSIA Level1 Cross Country National Certification Standards/Performance Guide. Assessment activities for MA may include watching a video of skiing, a video of yourself, and/or performing MA on skiers on snow. You may be asked technical questions during your teaching segment and throughout the event related to MA.

The MA assessment process could look something like the following:

In a quiet location the educator(s) will choose a videoed skier to observe. The video will be run at regular speed for 1-2 minutes of skiing time and in slow motion if needed. The candidate will have a couple of minutes to write notes if needed, and then give his or her analysis. The educator(s) will ask questions to clarify the information the candidate offers and may coach the candidate through the process. Each individual session should take about 15 minutes.

Additional:

- Assessment Event evaluations/feedback forms can be completed online (they will be emailed to you automatically). We would very much like to hear how your assessment experience was and how we can improve the assessment process!
- Your Workbooks will be returned to you at the end of the event.

We plan to be done by 4:30ish each day (as long as Mother Nature cooperates).