



**PSIA-RM CROSS COUNTRY  
CERTIFIED LEVEL 2/3  
ASSESSMENT FORM**

Date \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Candidate Name \_\_\_\_\_

Location \_\_\_\_\_

Examiners \_\_\_\_\_

Candidate's Workbook Completed: \_\_\_ Yes \_\_\_ No

**Candidate Meets / Does Not Meet:  
Level \_\_\_ Certification Standard in All Areas**

**Scoring Criteria for X-C Certified Level 2/3:**

A score of 1 - 3 equals Level 1 Certified

A score of 4 - 6 equals Level 2 Certified

A score of 7 - 9 equals Level 3 Certified

**Skiing**

Attained Level 2

Did Not Attain Level

Attained Level 3

COMMENT

SCORE

\*Diagonal Stride \_\_\_\_\_

Uphill Diagonal Stride \_\_\_\_\_

\*Double Pole \_\_\_\_\_

\*Kick Double Pole \_\_\_\_\_

\*Downhill Step Turn (level 2) / Skate Turn (level 3) \_\_\_\_\_

Transitions \_\_\_\_\_

Marathon Skate \_\_\_\_\_

Diagonal V Skate \_\_\_\_\_

\*V 1 Skate \_\_\_\_\_

\*V 2 Skate \_\_\_\_\_

V 2 Alternate Skate \_\_\_\_\_

\*Wedge Turn (level 2) \_\_\_\_\_

\*Basic Parallel Turns/hockey stops (level 3) \_\_\_\_\_

Educator's Choice: \_\_\_\_\_

\*Must attain score of 4 for L 2; score of 7 for L3 for each critical maneuver to pass

**Overall Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Teaching**

Attained Level 2

Did Not Attain Level

Attained Level 3

**TEACHING TOPIC IS:** \_\_\_\_\_

COMMENT

SCORE

Teach/ Learn Cycle/ ATS/ Lesson is Logical \_\_\_\_\_

Rapport/ Engages Stu./ Individual Motivations \_\_\_\_\_

Learning Styles/ Presents Multi Teaching Style \_\_\_\_\_

Safe Lesson Environment \_\_\_\_\_

Feedback: Int. (L2) / Adv (L3) \_\_\_\_\_

**Overall Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Technical / MA**

Attained Level 2

Did Not Attain Level

Attained Level 3

COMMENT

SCORE

Ski Prep / Wax for Classic/ Skate Skis \_\_\_\_\_

MA Description: Int. (L2) / Adv (L3) \_\_\_\_\_

Cause & Effect in Above Skiers \_\_\_\_\_

Movement Analysis Prescription in Above Skiers \_\_\_\_\_

Technical Knowledge -XC technical model \_\_\_\_\_

**Overall Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_