



## WHAT TO EXPECT AT YOUR EXAM

### *XC Level 2/3 Exam*

Edited 8/2/2018

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.
- You will receive a Level 2/3 Certification booklet at the beginning of your event. **This booklet is for you to write down your personal feedback**, as well as notes, thoughts, fresh insights, new, cool teaching ideas, etc. It is for you to keep. Expect no written feedback on your scorecards.
- Evaluators will be as transparent as possible. They will meet with you during the process to go over your booklets if you wish; they will also go over how you are doing upon request.

#### Tentative Agenda

**8:30-8:45 Check-in: Declare which level you intend to attain and turn in completed XC Level 2/3 Workbooks.** After check-in: introduction, overview of the 2 days, personal goals, answer questions, head out on snow. We usually ski Classic Technique in the AM, Skate in the PM for both days.

**The following will be accomplished during the 2 days:**

**TEACHING:** You will teach at least **two** 10- 20-minute sessions to the appropriate levels – Level 2 candidates teach to Intermediate level students, Level 3 candidates to Advanced level students or to the group. Exact duration of sessions will depend on event logistics. After you teach, your evaluators will review your session with you.

- 1st teaching segment will be a topic of your choice.
- 2nd teaching segment topic will be chosen for you by your certification event leaders.
- If additional teaching scenarios are assigned, evaluators will inform you how the topics will be determined.
- You may also be asked to give a short, 2-5-minute, presentation on a topic of your choice or a topic picked by your evaluator.

**SKIING:** We will ski through many if not all the skiing maneuvers and tasks listed in the XC 2/3 Workbook. Movement criteria for scoring are based on the National XC Skiing Standards Matrix found in the PSIA-RM Nordic Handbook. Some tasks/maneuvers may be videoed and reviewed inside. Receiving personal feedback on your performance of the skiing maneuvers 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 in your certification booklet!**

**MOVEMENT ANALYSIS/TECHNICAL:** Movement Analysis (MA) will be done inside using a video with the same format which is found under Certification in the XC Handbook and may also include Movement Analysis on other skiers outside. You may be asked technical questions during your teaching segment and throughout the event related to MA.



# PSIA-Rocky Mountain-AASI



**Additional:** Exam evaluation forms will be handed out. You can complete evaluations at the event or if you prefer evaluations can be completed on line (which will be emailed to you automatically).

- 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)**