



**PSIA CERTIFIED LEVEL II
CROSS COUNTRY SKIING
ASSESSMENT FORM**

Candidate: _____
 Date: _____
 Region: _____
 Assessors: _____

Sample Form

Location: _____

- Assessment Scale for Certified Level II:
1. Essential elements were not observed or not present.
 2. Essential elements are beginning to appear.
 3. Essential elements appear, but not with consistency.
 4. Essential elements appear regularly at a satisfactory level.
 5. Essential elements appear frequently, above required level.
 6. Essential elements appear continuously, at a superior level.

Instructor Decisions & Behavior	Attained	Did not Attain	Score
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Professionalism and Self Management: Contributes to a professional environment by managing their behaviors and emotions in response to others. (Continual Assessment)

Needs/Safety Address group and individual needs for belonging.	
Feedback Manage behavioral responses.	
Section Average: Must be 4 or above to meet Learning Outcome	

Comments

Skiing Performance	Attained	Did not Attain	Score
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Adjusts and adapts the XC Fundamentals to demonstrate specific outcomes for both classic and skate technique in the intermediate skill level in intermediate and some advanced terrain.

Downhill Manage speed and change of direction on downhills. (must pass 4 or above)	
Continuously Ski 20 minutes in beginner and intermediate terrain Classic or Skate (must pass 4 or above)	
Downhill Assessment Activities	(Click to select)

Comments (This box is expandable)

Classic

Pushoff Manage ski & pole push to increase speed	
Weight Transfer Maintain the center of mass (CM) over the base of support (fore/aft and side to side)	
Glide Control the duration of ski glide.	
Versatility Show versatility in intermediate terrain	
Section Average: Must be 4 or above to meet Learning Outcome	
Classic Assessment Activities	(Click to select)

Comments (This box is expandable)

Skate

Pushoff Manage ski & pole push to increase speed	
Weight Transfer Maintain the center of mass (CM) over the base of support (fore/aft and side to side)	
Glide Control the duration of ski glide	
Versatility Show versatility in intermediate terrain	
Section Average: Must be 4 or above to meet Learning Outcome	
Skate Assessment Activities	(Click to select)

Comments (This box is expandable)