



# PSIA Certified Level II Cross Country Movement Analysis & Technical Understanding ASSESSMENT FORM

- Meets Standards  
 Does Not Meet Standards

**Candidate:**  
**Assessment:**  
**Region:**  
**Assessor(s):**

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.

## ASSESSMENT CRITERIA

Instructor Decisions & Behavior	Technical Understanding
<b>Professionalism and Self Management: Contributes to a professional environment by managing their behaviors and emotions in response to others. (Continual Assessment)</b>	<b>Uses current PSIA XC resources to evaluate a skier's performance, considering equipment in the intermediate skill level.</b>
<b>Needs/Safety</b> Address group and individual needs for belonging.	<b>Describe Personal Skiing</b> Accurately identify and describe personal skier performance, referencing at least two aspects of the cross country Sports Performance Pyramid and all skills of the XC Technical Model.
<b>Behavior Management</b> Manage behavioral responses.	<b>Describe Ideal Skiing</b> Compare personal and/or an observed performance to desired outcome, referencing the XC Technical Model.
<b>Section Average:</b> Must be 4 or above to meet Learning Outcome	<b>Change Personal Performance</b> Convey understanding by changing personal skiing performance, based on comparison to desired performance and feedback.
<p style="text-align: center;"><b>Comments</b></p>	<b>Utilize Information</b> Accurately recognize and use information from current PSIA-AASI resources relative to personal performance or desired outcomes.
	<b>Section Average:</b> Must be 4 or above to meet Learning Outcome
	<p style="text-align: center;"><b>Comments</b></p>
Movement Analysis	
<b>Accurately describes cause-and-effect relationships between body and ski performance and provides a relevant prescription for change for beginning and intermediate skiers.</b>	
<b>Describe</b> Describe a skier's performance, using any two aspects of the XC Performance Pyramid and all skills in the XC Technical Model.	
<b>Cause-and-Effect</b> Describe the cause-and-effect relationship between the skier's performance and the skis' performance, using two aspects of the cross country Sports Performance Pyramid in all XC skills.	
<b>Prescription</b> Provide a relevant prescription for change, using two aspects of the Cross Country Performance Pyramid and all XC skills to create a change in desired outcome through the intermediate level.	
<b>Equipment &amp; Wax</b> Observe and describe how equipment choices affect performance and safety for intermediate skiers.	
<b>Section Average:</b> Must be 4 or above to meet Learning Outcome	
<p style="text-align: center;"><b>Comments</b></p>	