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FREESTYLE SPECIALIST ASSESSMENT GUIDE

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Rocky Mountain Freestyle Specialist Assessment Guide

Introduction

The RM Freestyle Specialist Certification Assessment Guide outlines the Daily Schedule, Assessment Groups, Learning Outcomes, and Assessment Activities for PSIA-AASI Freestyle Specialist Certification.

This document serves to collect all of the assessment materials for Level 1, Level 2, Level 3, and Trainer into one place. Successful candidates will use this material and the relevant RM and National materials to prepare for assessments.

Learning Outcomes & Assessment Criteria

The PSIA-AASI National Standards establish Learning Outcomes and Assessment Criteria for each level of certification. The Learning Outcomes and Assessment Activities for each day of the assessment included within this document. Refer to the Assessment Forms and Performance Guide for Assessment Criteria related to each Learning Outcome.

Professionalism and Self-Management elements are assessed each day from the beginning of the day at check-in to the end of the day when results are announced. Follow-up questions and interviews with Examiners, and observed interactions with other candidates, resort employees, and resort guests are all taken into consideration.

Resources

Freestyle Technical Manual available online for PSIA-AASI Members

Teaching Snowsports Manual available online for PSIA-AASI Members.

The most up-to-date version of all documents related to the National Standards are found on the PSIA-AASI website at http://www.thesnowpros.org.

Trick List: National Freestyle Specialist Trick List

Assessment Forms: Certification Standards – PSIA-AASI (thesnowpros.org)

Performance Guides: Certification Standards – PSIA-AASI (thesnowpros.org)

The event calendar is available at: http://www.psia-rm.org

Rocky Mountain Freestyle Specialist Committee

The RM Freestyle Specialist Committee is an elected, volunteer committee of Examiners who represent RM on the Freestyle National Taskforce and are responsible for the upkeep of these documents.

Ben Potts - Freestyle Chair

Jesse Yedwap - RM National Freestyle Taskforce Representative

Drew Halley

Mike Stanley

Jake Zopes

Overview

Professionalism at the Assessment

All candidates earn a professionalism score based on their behavior at the assessment. See the Assessment Form and Performance Guide for the assessment criteria.

Modular System

- Attaining PSIA-AASI certification in the Rocky Mountain Region (RM) constitutes passing each of the three modules: Movement Analysis & Technical Understanding, Teaching, and Skiing/Riding Performance.
- Passed modules do not expire if the candidate remains a current RM member and the National Standards are not overhauled.
- All modules for the Level 1 must be taken continuously on the first attempt.

Assessment Groups

Rocky Mountain Staff conduct an Examiner meeting in the morning to determine examiner pairings, group assignments, terrain, and meeting locations for the event.

Groups may include an assigned auditor or understudy. The Exam Manager pre-assigns all groups and verifies any changes.

Terrain & Conditions

Trail difficulty may vary due to changes in snow conditions throughout any given day. The event manager will determine if the local trail designations (I.E., green, blue, black) and conditions adequately reflect the stated national standard concerning terrain. If necessary, trails or sections of trails will be selected to keep exams consistent across the division and the country.

PSIA-AASI RM Freestyle Specialist 1

Introduction

Freestyle Specialist 1, also known as “FS1” is the first level of PSIA-AASI Freestyle accreditation. At the FS1, you’re expected to demonstrate experience teaching beginners in the park, show an introductory level of knowledge of instruction concepts, and apply your knowledge and skills on snow.

The FS1 is a three-day process with a day of Movement Analysis, Teaching, and Skiing/Riding. All three days will be on-snow from between 8:30 and 9:00 and will finish between 2:30 and 3:30, depending on lifts, weather, and group size. Arrive prepared to slide on-snow each morning. The Examiner will start each day in an educational environment to clarify concepts, give successful examples, answer questions, and set the expectation for the assessment portion of the day.

Level 1 Prerequisites

- Current PSIA-AASI Member
- PSIA-AASI Level 1 Certified. All prerequisites must be completed in the same discipline as the FS1
- Freestyle Specialist E-Learning

Recommended

Attendance of the FS1 Prep Clinic. The Prep Clinic is designed to prepare you for the exam. Candidates will receive coaching during the educational portion of the FS1, but for those who have not spent time teaching in the park or need additional time preparing the FS1 Prep is highly recommended.

Full or Partial Pass

- You must attend all three on-snow modules of the exam continuously.
- If a candidate is unsuccessful in any module (Skiing/Riding, MA/Tech, Teaching),

they may retake the module(s).
- Passed modules do not expire as long as candidate remains a current PSIA-AASI RM member
- Professionalism at the Exam (Respect gets Respect)

FS1 candidates will be assessed on their behavior and professionalism all 3 days. Examples of unacceptable behavior are – but not limited to drug and/or alcohol use, consistent lateness, violation of the Responsibility Code, disregarding directions from the assessor, any physical or verbal abuse. Assessors will model professional behavior expected of a PSIA-AASI certified instructor during the exam. All scores are reviewed by the assessment manager or RM office staff.

Feedback and Coaching at the Exam

Assessors will work throughout the event to provide clear, accessible, and relevant feedback. Feedback during the education portion of the event will be supportive of the learning outcomes for the assessment. Feedback during assessment portions of the event will be tactical and limited.

FREESTYLE SPECIALIST 1 On-Snow Process

Notice: The Assessor may change the order of the assessment days and how an assessment day is organized when acting in the best interest of assessment candidates. These decisions will be based on snow and weather conditions, terrain park status, lift status, and other unforeseen circumstances.

Day 1 MA and Tech

The Examiner will start the day in an educational environment to clarify concepts, provide successful examples, answer questions, and set the expectation for the assessment portion of the day. The educational component of day 1 will be approximately 2 hours.

Tech Learning Outcomes:

LO - Uses current PSIA-AASI resources to identify and describe elements of a personal or observed performance, applying discipline-specific fundamentals and considering tactics and equipment choices.

Assessment Environment:

- Tech understanding will be in a jam session
- Reflect on personal performance related to FS1 trick
- The examiner will inquire with the candidate about what adjustments they are using to create a change in performance.
- Candidate will relate their equipment choice to desired outcome/trick
- 5 Minutes is planned for Technical personal performance discussion

MA Learning Outcomes:

LO - Articulates an accurate cause-and-effect relationship between equipment and body performance within any single discipline-specific fundamental - comparing one phase of ATML to another and taking equipment choices and stance setup into consideration - to offer a relevant prescription for change for riders performing FS 1 activities.

Assessment Environment:

- MA will be performed in a session environment, on two different environments (e.g. jumps and rails).
- MA will be performed on peers in the group
- The MA discussion is 1 on 1 between the candidate and the assessor
- MA will be performed on tricks off the trick list and FS1 appropriate features
- 8 Minutes planned for MA discussion.
- Assessment Criteria is used to target questions toward relevant information

Day 2 Teaching and People Skills

The Examiner will start the day in an educational environment to clarify concepts, provide successful examples, answer questions, and set expectations for the assessment portion of the day. The educational component of day 2 will be approximately 1.5 hours.

Teaching Skills Learning Outcomes:

- Plans learning outcomes and organizes progressive learning experiences relevant to beginner/novice students in the freestyle environment.
- Facilitates learning experiences that guide students toward the agreed-upon outcome and engages them in the process in the freestyle environment.

- Communicates performance changes that target the learning outcome to help students identify that a change has been made in the freestyle environment.

People Skills Learning Outcomes

- Able to utilize verbal and non-verbal communication to support the emotional state of a subset within the group in the freestyle environment (Assessed when teaching)
- Able to utilize verbal and non-verbal communication to support the emotional state of a subset within the group in the freestyle environment (Assessed when teaching)

Assessment Environment:

- Introductions for each teach are not necessary
- Teaches need to Navigate the park at some point in the lesson
- Candidates will have 20 minutes to deliver a lesson
- Candidates teach to minimum 2 people, Maximum 4 people.
- Groups are split into 2 teaching groups if the total size is bigger than 5
- Candidates get teaching order and “zone” at random on the teach day.
- Candidates assess student’s motivation during teaching
- Examiner facilitates the motivation discussion towards FS1 tricks as needed

Day 3 Skiing/Snowboarding

The Examiner will start the day in an educational environment to clarify concepts, provide successful examples, answer questions, and set the expectation for the assessment portion of the day. The educational component of day 3 will be approximately 2 hours.

Snowboarding/Skiing Learning Outcomes

- Adapts discipline-specific fundamentals to demonstrate specific freestyle outcomes in beginner through advanced freestyle terrain, including extra small through medium features.
- Candidates will be assessed in a session format in which they will perform tricks multiple times.
- After up to 20 mins of warming up per zone, candidates will demonstrate each trick 3 times

- Sessions may involve hiking or lapping depending on park layout. When lapping reverts are acceptable.
- Candidates will receive feedback in accordance with the guidelines for assessment environments document
- Feedback in assessments environments will focus on trick outcomes
- Assessors can make connections between education and assessment environments for candidates

PSIA-AASI RM Freestyle Specialist 2

Assessment Overview:

Freestyle Specialist 2, also known as “FS2” is the second level of PSIA-AASI Freestyle certification. At the FS2, you’re expected to demonstrate experience teaching intermediates in the park, show an intermediate level of knowledge of instruction concepts, and apply your knowledge and skills on snow.

The FS2 is a three-day process with a day of Movement Analysis, Teaching, and Skiing/Riding. Each day will be on snow and go from 8:45am until 3:45 pm. Arrive prepared to be on-snow all 3 days.

Prerequisites Courses and Skills:

- Current PSIA-AASI Member
- Freestyle Specialist 1 in the discipline of the FS2/3 Assessment or Level 2 Certified in the discipline of the FS2/3 Assessment

Full or Partial Pass:

- You must attend all three on-snow modules of the exam continuously.
- If a candidate is unsuccessful in any module (Skiing/Riding, MA/Tech, Teaching), they may retake the module(s).
- Passed modules do not expire as long as candidate remains a current PSIA-AASI RM member

Professionalism at the Exam (Respect gets Respect): FS2 candidates will be scored on professionalism and behavior at the assessment. Examples of unacceptable behavior are – but not limited to: drug and/or alcohol use, consistent lateness, violation of the Responsibility Code, disregarding directions from the assessor, any physical or verbal abuse. Assessors will model professional behavior expected of a PSIA-AASI certified instructor during the exam. All scores are reviewed by the assessment manager or RM office staff.

Freestyle Specialist 2 On-Snow Assessment Process

Notice: The Assessor may change the order of the exam days and how an assessment day is organized when acting in the best interest of assessment candidates. These decisions will be based on snow and weather conditions, terrain park status, lift status, and other unforeseen circumstances.

Day 1: Movement Analysis, Knowledge & Skill

Movement Analysis

- The MA day is focused on analyzing and discussing skier/rider development in intermediate freestyle scenarios.
- Participants will be assessed on their knowledge and understanding of movement analysis in 2 of the 4 freestyle areas: Flatland, Jumps, Boxes/Rails, and Halfpipe/Transition features.
- Candidates will perform movement analysis on their peers or general public utilizing FS2 appropriate features. Candidates will have approximately 5-10 minutes for their MA presentation of an agreed upon performance. Participants are expected to identify movements and skills and relate them to the specific exercises to improve their performance.

Technical Understanding

Candidates will have two opportunities to demonstrate their technical understanding, once after each MA presentation. These 5-10 minute sessions will be on-snow. The presentation will include the primary fundamental the candidate analyzed during their movement analysis session. A blend of demonstrations and explanations are encouraged. Assessors will ask follow-up questions for clarity.

Day 2: Teaching Knowledge & Skill

- On the morning of the assessment, candidates will be assigned their teaching setting (Jumps, rails, halfpipe)
- The assessor will create two sub-groups and lead both groups through warm up laps and tricks from the FS1 and FS2 trick list. Assessors will also discuss

how the terrain that is available can be utilized during progressions.
- Candidates observe, assess, and converse with their peers to create a goal statement including a student profile that will support a 20 minute teach presentation.
- Each candidate shares their goal statement with the entire group.
- Candidates teach their peers in their sub-groups at an intermediate level.
- Teach presentations should achieve the goal statement and improve performance at an intermediate level.
- Each candidate's teaching segment will be followed by a conversation when the assessor may ask additional questions.
- Teaching knowledge and experience will be evaluated based on candidate's participation and conversations with the assessor as well as each candidate's teach to the group.

Day 3: Riding/Skiing Knowledge & Skill

- On the Riding/Skiing day, participants are assessed on their ability to show demonstrations based on the National Trick List
- Variations in movements and mechanics may be requested at the discretion of the assessor. These could include changes in the type of flexion, extension, rotation mechanics, or in the Timing, Intensity, Duration and Rate of those movements. Assessors will provide specific descriptions of any task.
- The Assessor could be watching a candidate's skiing/riding at any time during the assessment. Candidates may be given the opportunity to free ride/ski during the assessment; keep in mind this time is also part of the assessment and can be used to practice demonstrations and showcase a candidate's personal style and terrain preferences.
- Environmental and snow conditions will be taken into consideration.

Whatever your riding/skiing style, no matter what equipment you've chosen to bring to the exam, be ready to make it work in the freestyle environment.

PSIA-AASI RM Freestyle Specialist 3

Assessment Overview

Freestyle Specialist 3, also known as “FS3” is the third and highest level of PSIA-AASI Freestyle certification. At the FS3, you’re expected to demonstrate experience teaching all levels in the park, show an advanced/expert level of knowledge of instruction concepts, and apply your knowledge and skills on snow.

The FS3 is a three-day process with a day of Movement Analysis, Teaching, and Skiing/Riding. Each day will be on snow and go from 8:45am until 3:45pm. Arrive prepared to be on-snow all 3 days.

Prerequisites Courses and Skills:

- Current PSIA-AASI Member
- FS2 or FS1 or Cert II or higher Certification. All Prerequisites must be completed for the discipline the FS3 is being taken in.

Full or Partial Pass:

- You must attend all three on-snow modules of the assessment continuously.
- If a candidate is unsuccessful in any module (Skiing/Riding, MA/Tech, Teaching), they may retake the module(s).
- Passed modules do not expire as long as candidate remains a current PSIA-AASI RM member

Professionalism at the Exam (Respect gets Respect): FS3 candidates will be scored on professionalism and behavior at the assessment. Examples of unacceptable behavior are – but not limited to: drug and/or alcohol use, consistent lateness, violation of the Responsibility Code, disregarding directions from examiner, any physical or verbal abuse. Assessors will model professional behavior expected of a PSIA-AASI certified instructor during the Assessment. All scores are reviewed by the Assessment manager or RM office staff.

Freestyle Specialist 3 On-Snow Assessment Process

Notice: The Assessor may change the order of the assessment days and how an assessment day is organized when acting in the best interest of the candidates. These decisions will be based on snow and weather conditions, terrain park status, lift status, and other unforeseen circumstances.

Day 1: Movement Analysis, Knowledge & Skill

Movement Analysis

- The MA day is focused on analyzing and discussing skier/rider development in advanced freestyle scenarios.
- Participants will be assessed on their knowledge and understanding of movement analysis in 2 of the 4 freestyle areas: Flatland, Jumps, Boxes/Rails, and Halfpipe/Transition features.
- Candidates will perform movement analysis on their peers or general public utilizing FS3 appropriate features. Candidates will have approximately 5-10 minutes for their MA presentation of an agreed upon performance.

Technical Understanding

Candidates will have two opportunities to demonstrate their technical understanding, once after each MA presentation. These 5-10 minute sessions will be on-snow. The presentation will include the fundamentals the candidate analyzed during their movement analysis session. A blend of demonstrations and explanations are encouraged. Assessors will ask follow-up questions for clarity.

Day 2: Teaching Knowledge & Skill and People Knowledge & Skill

- On the morning of the assessment, candidates will be assigned their teaching setting (Jumps, rails, halfpipe)
- The assessor will create two sub-groups and lead both groups through warm up laps and tricks from the FS2 and FS3 trick list. Assessors will also discuss how the terrain that is available can be utilized during progressions.

- Candidates observe, assess, and converse with their peers to create a goal statement including a student profile that will support a 25 minute teach presentation.
- Each candidate shares their goal statement with the entire group.
- Candidates teach their peers in their sub-groups at an advanced/expert level.
- Teach presentations should achieve the goal statement and improve performance at an advanced/expert level.
- Each candidate's teaching segment will be followed by a conversation when the assessor may ask additional questions.
- Teaching knowledge and experience will be evaluated based on the candidate's participation and conversations with the assessor as well as the candidate's teach to the group.

Day 3: Riding/Skiing Knowledge & Skill

- On the Riding/Skiing day, participants are evaluated on their ability to show demonstrations based on the National Trick List for FS3.
- Assessors observe, assess, and provide feedback consistent with National support materials. Variations in movements and mechanics may be requested at the discretion of the assessor. These could include changes in the type of flexion, extension, rotation mechanics, or in the Timing, Intensity, Duration and Rate of those movements. Assessors will provide specific descriptions of any task.
- The Assessor could be watching candidates skiing or riding at any time during the exam. Candidates may be given the opportunity to free ride/ski during the exam; keep in mind this time is also part of the assessment and can be used to practice demonstrations and showcase a candidate's personal style and terrain preferences.
- Environmental and snow conditions will be taken into consideration.

Whatever your riding/skiing style, no matter what equipment you've chosen to bring to the exam, be ready to make it work in the freestyle environment.