



PSIA-RM-AASI Freestyle Specialist 1

FREESTYLE SPECIALIST 1 OVERVIEW

Freestyle Specialist 1, also known as “FS1” is the first level of PSIA-AASI Freestyle certification. 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. Each day will be on snow and go from 8:45am until 3:45 pm. Arrive prepared to be on-snow all 3 days. The Examiner will start each day in a clinic format to warm up the group, clarify concepts, answer questions, and set the expectation for the assessment portion of the day.

Pre-Requisites:

- 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 FS1 Exam, 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 re-take the module(s).
- Passed modules do not expire as long as candidate remains a current PSIA-RM member

Professionalism at the Exam (Respect gets Respect): FS1 candidates will be assessed on their behavior and professionalism at the exam. 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: Coaching and Guiding are the hallmarks of the FS1 Assessment. Assessors will work throughout the event to provide clear, accessible, and relevant feedback.

FREESTYLE SPECIALIST 1 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 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 beginner freestyle scenarios.
- Candidates will review MA Concepts and how to observe freestyle, present an organized and detailed description, and determine Cause & Effect relationships. Participants will review MA in all 4 freestyle areas: Flatland, Jumps, Boxes/Rails, and Halfpipe/Transition features.
- Candidates 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 utilizing FS1 appropriate features. This will be a jam format in the park. Candidates will be pulled aside one or two at a time while the rest of the group sessions features designated by the Assessor. Candidates will have approximately 5 minutes for their MA presentation of an agreed upon clinic participants 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 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

- The Teach day takes place both outside and inside the park using the “Outside-In” Teaching Methodology. Successful candidates will showcase their ability to teach a progression that starts outside of the park and progresses into the park. Candidates will lead a teach focused on an assigned freestyle topic, modified for an assigned student profile.
- Candidates will receive a student profile the evening before or morning of the exam. The student profile will include: 1 sport, 1 hobby, 1 fear, and 1 motivation.
- On the day of the exam, candidates will be assigned their teaching topic. Each candidates teach should reflect the assigned student profile. The first portion of the progression will develop skills and movements outside the park (approx. 10 min), followed by applying those skills and movements to freestyle features (approx. 10 min)

- Prior to the teaching assessment the assessor will lead the group in pre-ride and re-ride laps and discuss how the terrain that is available can be utilized during progressions. The assessor will also present an example teaching presentation and answer any questions about the teaching format.

Teaching Topics:

Alpine	Snowboard
<p style="text-align: center;">Pipe</p> <ul style="list-style-type: none"> • Intro to Air to Fakie • Intro to Edge Change at Transition 	<p style="text-align: center;">Pipe</p> <ul style="list-style-type: none"> • Intro to Air to Fakie • Intro to Edge Change at Transition
<p style="text-align: center;">Boxes/Rails</p> <ul style="list-style-type: none"> • Intro to Left/Right foot forward to Switch • Intro to Switch on Slides • Intro to Left/Right foot forward to forward 	<p style="text-align: center;">Boxes/Rails</p> <ul style="list-style-type: none"> • Intro to Frontside Boardslide • Intro to Backside Boardslide • Intro to Nose Press • Intro to Tail Press
<p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> • Intro to Left/Right 180s • Intro to butters over a roller/knuckle • Intro to Grabs • Old School Tricks / Shifties 	<p style="text-align: center;">Jumps</p> <ul style="list-style-type: none"> • Intro to Frontside 180s ●● • Intro to Backside 180s ●● • Intro to Grabs ●● • Old School Tricks / Shifties ●●

- Teaching knowledge and experience will be evaluated based on candidate’s participation and conversations with the assessor as well as candidate’s teaching presentation to the group. It is highly recommend that candidates have experience teaching students in the park. Candidates must show the ability to safely manage and move a group of students through the park.

Day 3: Riding/Skiing Knowledge & Skill

- On the Riding/Skiing day, candidates are assessed on their ability to show demonstrations at the beginner level. Candidates will be asked to demonstrate tricks 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, or rotation mechanics or in the Timing, Intensity, and Duration 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.
- 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.