

# PSIA-RM-AASI Freestyle Specialist 3

## FREESTYLE SPECIALIST 3 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:

- Current PSIA-AASI Member
- FS2 or FS1 and 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-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 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.**