



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

SNOWBOARD LEVEL 1 CERTIFICATION OVERVIEW

Snowboard Level 1, also known as “ITC,” is the first level of PSIA-AASI certification. At the Level 1, you’re expected to demonstrate experience teaching beginner level snowboarders, show an introductory level of knowledge of snowboard instruction concepts, and apply your knowledge and skill to situations on-snow and indoors.

The Level 1 Certification is a three-day process. Day 1 is Movement Analysis, followed by Riding, and then Movement Analysis. Each day will be ON SNOW and go from 9:00am until 4:00 pm. Come prepared to ride all 3 days.

You may attend all three days in a row at one event or you can spread your certification out over three single days at three different events.

SNOWBOARD LEVEL 1 CERTIFICATION STANDARDS

Movement Analysis Knowledge & Skill

On the Movement Analysis day you will be analyzing and discussing the efficiencies/inefficiencies and effectiveness/ineffectiveness involved with rider development in levels 1-4.

You will be evaluated on your knowledge and understanding of movement analysis, as follows:

- On-snow you will participate and help identify movements of a beginner rider.
- Throughout the day you participants will learn how to observe a beginner rider, present an organized and detailed description, and determine Cause & Effect relationships.
 - Cause & Effect relationship is: Body movement to Board Performance to Turn/Trick outcome

You should:

- Have a basic understanding of the Movement Analysis Process.
- Be able to identify body parts, their movements, board performance and reference alignments.
- Determine cause (body movement) and effect (board performance) relationships of riders, levels 1-4.
- Know how to utilize a method of observation and description.

Instruction Knowledge & Skill

On Instruction day you will be given a clinic and opportunities to ask questions. Your clinician will demonstrate skills and present information. Come prepared with questions from the study guide and your own teaching experience.

You will be asked to give a 10-minute teaching presentation to the group covering a piece of the level 1-4 beginner learning progression.

- Warm up
- Board Intro
- Skating/Mobility
- Straight Glide
- One Foot J-Turns
- Riding Lifts & Carpets
- Side Slip
- Falling Leaf
- Traverse
- Garlands
- C-Turn
- Linking C Turns

You will be evaluated on your knowledge and understanding of teaching, as follows:

- Teaching knowledge and experience will be evaluated based on your participation and conversations with the evaluator as well as your presentation to the group.
- We recommend that you have experience at the beginner level.
- The evaluator is not looking for "canned" presentations; rather for your ability to recall actual teaching situations and identify ways to solve specific problems.
- You must show the ability to safely manage a group when working with beginners.

You should:

- Understand the role of equipment on beginners and themselves
- Know the Responsibility Code and Smart Style
- Have a basic understanding of the Teaching and Learning Concepts

Riding Knowledge & Skill

On the Riding day, you will be asked to demonstrate skidded turns, carve turns, switch skidded turns, beginning bumps and introductory freestyle.

You will be evaluated on your knowledge and understanding of riding, as follows:

- Riding will cover a wide variety of different situations and terrain ranging from green to black. Please bring the equipment that you are the most comfortable with in all situations. There will not be an opportunity to change equipment.
- You are being evaluated against the certification standard, not against others in your group. Keep in mind the possibility that the whole group may not yet meet the standard.

Riding Standards include:

- Skidded Turns; Most Extended at edge change on blue/black terrain
- Carved Turns; Most Extended at edge change on green terrain
- Bumps; Most Extended at edge change on green/blue bump terrain
- Switch Skidded; on green terrain
- Freestyle
 - 50/50 a beginner Box
 - Straight Air on a Small Jump
 - Flatland: 360 spins on the snow, ollies/nollies, nose/tail presses
 - Pipe/Transition riding: Edge Change in the transition. (If there is not a pipe at the resort that the event is being hosted, you will be riding natural transition features.)

Overview Points

- The examiner could be watching your riding at any time during the exam. You may be given the opportunity to free ride during the exam; keep in mind this time is also part of the exam and can be used to demonstrate some of your personal style and terrain preferences. Environmental and snow conditions will be taken into consideration.
- Falling happens, do not become overly concerned. The evaluator will be looking before and after the fall. If you have a continuing problem, please ask the evaluator to address your situation.
- You may be asked to perform beyond your comfort level. It is your responsibility to decide if you are capable of attempting the task.
- Free Riding is evaluated all day long on all types of terrain: green, blue, and black. All snow conditions may apply. Evaluators will choose situations based on setting the participants up for successful and challenging performances.
- Carved turns; Bumps, Switch and Freestyle are viewed on green/blue runs. Skidded turns will be viewed on blue or black runs.
- Variations in movements may be requested at the discretion of the evaluator. These may include all types of flexion/extension, and rotation mechanics.
- Demonstrations will consist of a series of turns for a distance that allows adequate performance of the task. Evaluators will provide specific descriptions of the task and the criteria for success.
- Participants should be open and willing to change their riding style and/or mechanics as a part of adaptability and versatility.