



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

## SNOWBOARD LEVEL 3 CERTIFICATION OVERVIEW

Snowboard Level 3, also known as “full cert,” is the highest level of national PSIA-AASI certification. At the Level 3, you should be able to teach or ride anything, anytime, anywhere.

You’re expected to demonstrate experience with high-level students, show mastery of snowboard instruction concepts, and apply your knowledge and skill to situations on-snow and indoors. The Level 3 exam is a three-day process, come prepared to be on snow all 3 days.

**Pre-Requisites:** AASI Level 2 Certification, PSIA-AASI Children’s Specialist 2, attend one 301-level clinic (Ride, Teach, or MA), Pass (75%) Level 3 online test. For 2019-20, 3 days of L3 Preview Clinics may be substituted for CS2 and the 301-level clinic.

## SNOWBOARD LEVEL 3 CERTIFICATION STANDARDS

### Instruction Knowledge & Skill

Teaching knowledge and experience will be evaluated based on your presentations and conversations with the evaluators. You must clearly demonstrate (through recall of past lessons) that you have taught approximately 100 students at the expert level, and that you have effective and accurate knowledge at the expert level. You must demonstrate the use and understanding of teaching and learning concepts when leading the group or referring to past lessons. You must demonstrate high-end group handling skills and safety when working with expert lessons. Practical application and knowledge-based questions about teaching, riding, and movement analysis can be asked on the chair lift and/or in front of the group. The evaluators are looking for your ability to present interesting teaching situations and identify tactics to accommodate specific teaching/learning situations.

Gathering student profile information- On the morning before heading out you will take some time to meet all the participants in the group. You will then find out what each participant’s interests and hobbies are. These are then to be used throughout your teaching segment. Please note that you can’t always deliver a teach that will connect with each participants’ hobbies. However it is important that when you are giving a specific individual feedback that you use their hobby to help better relate that information to them.

Level 3 Teaching Topics are assigned randomly and include but are not limited to:

- Active and Passive Movements
- Upper and Lower Body Separation
- Changing Pivot Points
- Inclination and Angulation
- Up-unweighting and Down-unweighting
- Fore and Aft Movements
- Utilizing Rebound
- Sequential and Blended Movements
- Using terrain/features to accentuate outcomes
- Retraction

Level 3 Teaching Topics are assigned with the following random parameters:

- Bumps
- Transitional Features
- Steeps
- Trees
- Carving
- Boxes/Rails
- Jumps
- Switch

Four elements that should be covered in your teach:

- Define the topic: What are you covering and what are your intended outcomes?
- Movement Options: What movement options do you have to achieve the topic?
- Pros and Cons: What are the pros and cons of these options?
- Applications: What are the various applications we can now take this new skill?

### **Riding Knowledge & Skill**

During the exam, you will be asked to ride several tasks in all types of terrain and conditions: green, blue, black, double blacks, glades, parks, and half pipe.

Refer to the assessment sheet and task chart for specific tasks that may be evaluated during exam day.

Variations in movements and mechanics may be requested at the discretion of the evaluators. These could include changes in the type of flexion, extension, or rotation mechanics or in the Timing, Intensity, and Duration of those movements. Evaluators will provide specific descriptions of each task, followed by visual demonstrations for a distance that allows adequate performance.

The examiners could be watching your riding at any time during the exam. You may be given the opportunity to freeride 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.

Whatever your riding style, no matter what equipment you've chosen to bring to the exam, be ready to make it work. From groomed to crud, in the pipe or on the racecourse, come ready to show us that you can adapt to any or all of these situations. Bring the equipment and skills that are capable of doing it all.

### **Movement Analysis Knowledge & Skill**

During the exam, you will demonstrate your understanding of movement analysis through observation, evaluation, and prescription with video and live riders. You must clearly demonstrate that you are able to see the refined movements of an expert rider, present an organized and detailed description using non-judgmental terminology, and give accurate Cause & Effect relationships. At the Level 3 standard it is important to be able to clarify how one body movement can affect another body movement to affect board performance and the turn/trick outcome.

Video: You will be assigned a 20-minute time slot where you will watch a video on a tablet or laptop and discuss O.E.P. with the examiners. You will have 5 minutes to watch and manipulate the video, followed by a discussion with the video off. e.

On-Snow: You will have two opportunities to demonstrate live Movement Analysis on-snow with two different Level 8-9 tasks. Rider tasks will be set using student-centric language, for example, “switch, medium turns.” During each of your sessions, you will know your rider’s task and have the opportunity to ride the terrain and feel the snow. For each rider, you will give a clean and concise cause and effect relationship including body movements, board performance, and turn/trick outcome, as well as a prescription for change focused on a specific exercise for the next run. During on-snow MA tasks, exam candidates *are not* being evaluated on their riding performance.