



PSIA - Rocky Mountain Division – AASI

Rocky Mountain Ski Instructors



Telemark Instructor Resource and Reference Guide

If you are interested in becoming a certified telemark instructor and improving your skiing and understanding of the sport, the Telemark Instructors Resource and Reference Guide is designed for you. This guide will direct you to the most current educational materials available through the PSIA RM and PSIA National website. Many of these resources can be purchased as a manual, ebook, or digital download. Others are available as DVDs or PDF files on the PSIA RM and National websites with active membership. Another category of suggested study materials may require research on the internet, a library or used book stores. There will be links, where possible, to these materials.

If you are preparing for a clinic, exam or the upcoming ski season, the Telemark Resource and Reference Guide will direct you to materials and curriculum that have been created over decades by top industry professional athletes and educators. These materials reflect the development of a unique American Teaching System providing the information you will need to be a successful ski instructor. With these tools, you can become a valuable and vital member of your snowsports school as well as feeding your lifelong interest in growing as an athlete and educator.

This document is broken into three parts. The first section will help you locate materials for a certification event. This material represents information you must grasp for the level 1, 2, 3 and Rocky Mountain Trainer certifications. The second section is designed to help you grow and develop as an instructor and become an integral part of your snow sports environment. The third part is designed to advance your understanding as an educator, athlete and lifelong learner in the snowsports industry.

Basic Materials Required for Telemark Certification

These manuals, free PDF downloads and DVDs will help you master the basic vocabulary, concepts and technical knowledge required for your telemark Certification.

A. Books and/or digital downloads

1. [Core Concepts](#): Great information for all snowsports instructors.
2. [Telemark Technical Manual](#): A must have for telemark certification. The most modern and up to date manual available from the PSIA.

B. PDF Downloads

1. [New Snowsports Instructors Guide](#): Great information. Much of this Information was contained in the Nordic handbook. Now it is a free PDF!

2. *Telemark* [National Certification Standards](#): Another must have for telemark certification. This tells you what materials you will be responsible for at different certification levels.
3. Telemark Fundamentals (not on website yet?): Fundamental statement modified for Telemark.

C. DVDs

1. [Complete Encyclopedia of Skiing](#): This is the most up to date glossary of ski terms with descriptions. This work encompasses terms and concepts from throughout the development of modern skiing technique. This is a must have for anyone interested in becoming a professional instructor.
2. [Fresh Intelligence](#): A wonderful DVD with visual, spoken and written descriptions of modern telemark skiing and maneuvers.

Grow and develop as an instructor and become an integral part of your snowsports environment

These manuals and free PDF downloads will help you grow and develop as an instructor, broaden your understanding of other snowsports disciplines and become an integral part of your snowsports environment.

D. Books and/or digital download list

1. [Children's Instruction Manual](#): Most snowsports guests are children! Learn about working with most of your guests. Note the CAP model which applies to all age groups.
2. [Alpine Technical Manual](#): Modern telemark skiing's closest relative. Many of our guests have Alpine skiing experience. We teach many alpine maneuvers in a beginner telemark lesson. Teach for transfer.
3. [Snowboard Technical Manual](#): Many guests only have snowboard experience. Understand your guests. Teach for transfer.
4. [Freestyle Technical Manual](#): Take your guests into the park! Understand your guests' background.
5. [Other Technical Manuals](#): Nordic, Adaptive and available Handbooks. Get to know more about the snowsports world.

E. PDF Downloads

1. *Alpine* [National Certification Standards](#): We often teach alpine turns in a telemark lesson. Be contemporary.
2. [A Ski Instructors Guide to the Physics and Biomechanics of Skiing](#): An early technical document. This is where science enters our field.
3. Other [National Standards](#): AASI, Adaptive Alpine, Freestyle Specialist, Children's Specialist and Nordic Cross-Country Standards.

Advance your understanding as an educator, athlete and lifelong learner in the snow sports industry

Some of these individuals helped develop the educational sciences used in PSIA teaching models. Others have been influential in developing and understanding modern ski technique. An anatomy book is included to help you learn more about the moving parts of the people we coach. This is by no means a comprehensive list, but it will, hopefully, give you some ideas to advance your understanding of the origins and development of PSIA-AASI's teaching methodology. These tools can facilitate your growth and development as an educator, athlete and lifelong learner in the snow sports industry.

Book List

1. A. H. Maslow, *A Theory Of Human Motivation*. Understand what conditions go into creating the learning environment. Learn how to be sensitive to your client's needs.
2. Benjamin Bloom, *Blooms Taxonomy Of Learning Domains*. In addition to promoting higher forms of thinking in education, his work developing the CAP model has profoundly influenced children's teaching in the PSIA.
3. David Kolb, technical papers. Kolb's work on the experiential learning model and learning style preferences is a cornerstone of modern ski instruction.
4. Old PSIA manuals. Skiing Right, ATS, ATM. See the development and evolution of the PSIA and understand guests who might not have taken a lesson in 20 years.
5. Howard Gardener, *Multiple Intelligences*. Understand that different people learn in different ways.
6. Ron LeMaster, *Ultimate Skiing*. Look at the works of other industry professionals, while growing and developing as an athlete and educator.
7. George Joubert, any books you can find. Influential in development of modern ski technique. Not necessarily current, but very influential within the industry.
8. Mihaly Csikszentmihalyi, *Flow*. The Psychology of Optimal Experience: Create fully engaging lessons for our guests.
9. Frank A. Netter, *Atlas Of Human Anatomy*. The more you know about the human body the more accurate you can be in your descriptions or not depending on your guest's needs. Other anatomy books may also work.
10. Fitts & Posner, this duo created a model about motor skill acquisition.