

PSIA-RM Telemark Level I

# Certification Workbook & Checklist

## Professional Development & Skills Proficiency Log

Welcome to the wonderful world of Telemark instruction! This certification Workbook and Checklist is designed to help you verify and improve your current understanding of technical knowledge, teaching knowledge and skiing ability on your path to becoming a Level I Certified Telemark Instructor. This workbook is to be used as a study guide to prepare you for the certification process. It is important to not only find the answers to the questions, but to also integrate these answers into your teaching experience and understanding of the sport and your students. There are questions that ask for examples. Please try to answer with examples from your own teaching experience and interactions with your students. The goal is not only to learn the material, but to give this knowledge an application as well.

The workbook must be completed before your certification event! Checklist completed at your certification event. It is important to allow plenty of time to complete this workbook prior to your event to enable you to properly integrate the knowledge. This will greatly help in your process to becoming certified.

**Note:** Please remember the Learner's Responsibility Code; **I am responsible for my own learning!** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this Workbook to track your learning and what you need to work on. Be an active learner!

The answers to most questions may be found in the Nordic Handbook, Nordic Technical Manual, Core Concepts for Snowsports Instructors, or other reference material that can be found in the resource list. You may fill out the answers in the spaces provided or on a separate sheet. Or if you would prefer, copy the questions and complete them using a computer.

Name \_\_\_\_\_ Date\_\_\_\_\_

Present Telemark RM Certification level\_\_\_\_\_

1. What does PSIA stand for?

2. Please list the Teaching Model.

3. What are the Primary Teaching Styles? Please give a brief description of each.

4. List the Snowsport's Safety code.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_

5. Write a progression for a beginning Telemark lesson.

6. What are the Movements of Telemark Skiing (described in the Nordic handbook)? List and describe.

7. Please list the sensory Learning Styles.

8. What is the difference between a skiing skill and a movement?

9. What are the 3 phases of the turn in Telemark skiing?

10. What are the Stepping Stones and how do you use them?

11. What are four causes of Hypothermia?

12. Describe a Basic Telemark from beginning to end in your own words. Be sure to address the role of each of the movements and skiing skills.

13. What is the gravity zone or fall-line? Why does it play such a big part in our lessons?

14. When do you make your lead change in a Telemark turn?

15. What are some ways you can maximize the safety of your students?

16. How are Telemark turns and parallel turns similar? How are they different?

17. What is the difference between an exercise and a progression?

18. How do you teach lead change in a beginner lesson?

19. What is Movement Analysis? When do you use it in a lesson?

20. What is the difference between student-centered teaching and instructor-centered teaching?

21. Using the skiing movements, describe what makes a ski turn?

22. What is an "active" telemark binding? How does using an "active" telemark binding affect telemark skiing?

## **RESOURCE LIST**

**Nordic Technical Manual**, PSIA Publication 2005

**Nordic Handbook**, PSIA-RM Publication 2004

**Core Concepts for Snowsports Instructors**, PSIA Publication 2001

**The Complete Encyclopedia of Skiing**, Barnes, Bob, Snowline Press 1999

## PSIA-RM Telemark Level I

# Certification Checklist

**C**hecklist is to be completed only DURING your 3-day certification event!!!!

This certification Checklist is designed to help you monitor your progress and log your current understanding of technical knowledge, teaching knowledge and skiing ability on your path to becoming a Level I Certified Telemark Instructor. You will want to use this Checklist to actively keep track of where you currently are in each area. Use this Checklist to write notes on feedback you have received and score your current level of understanding. Please have your Nordic Education Staff Member look over your Checklist every day of your 3-day certification event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the Level I standard, and provide feedback and coaching for improved performance.

This Checklist is divided into three sections: technical, teaching and skiing. Each section has a checklist of those things you must know or be able to perform to be certified as a Level I Telemark Instructor. To the side of the checklist is an area you can use to write notes and record feedback and coaching. This will greatly help in your process to becoming certified.

Be aware that although you are expected to know all the skiing maneuvers, teaching and technical elements in this Checklist, during your three-day event the Educators may or may not cover all those listed. This is up to the discretion of the Educator running the event.

**Note:** Please remember the Learner's Responsibility Code; **I am responsible for my own learning!** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this checklist to track your learning and what you need to work on. Be an active learner!

PSIA-RM Telemark Instructor Training Course

# Level I Checklist

<b>SKIING: Fundamental Maneuvers</b>	Educ Initials	Level	Comments / Feedback
1 Uphill Arc			
2 Wedge Turn			
3 Wedge Christie			
4 Switch Wedge			
5 Wedge Christie Telemark			
6 Basic Telemark and Parallel			
7 Telemark Side Slip or Hockey Stop			
8 Educator's Choice			
<b>TELE: Applied / Terrain / Maneuvers /Tasks</b>	Educ Initials	Level	Comments / Feedback
1 Free Ski Groomed			
2 Free Ski Ungroomed			
3 500 Shuffle			
4 Monomark			
5 Educator's Choice			
<b>TEACHING</b>	Educ Initials	Level	Comments / Feedback
<b><i>Beginner Tele Teaching Topic Is:</i></b>			
1 Understands Teaching Model/ATS/ Lesson Logical			
2 Lesson is Technically Accurate / Provides Feedback			
3 Develops Rapport / Engages Group			
4 Moves Group in a Safe Manner			
<b>TECHNICAL</b>	Educ Initials	Level	Comments / Feedback
<b><i>Technical Question Is:</i></b>			
1 Knows Movements / Skiing Skills			
2 Performs Movement Analysis on Levels 1 - 4			
3 Accurate Technical Knowledge			