



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

PSIA-RM Telemark Level I Assessment Workbook

Professional Development and Skills Proficiency Log

Welcome to PSIA-RM Telemark Certification program. The Assessment Workbook and Certification Checklist are 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. Use this as a study guide to prepare you for the assessment process. It is important to find the answers to the questions and integrate these answers into your teaching experience, understanding of the sport, and your students. There are questions that ask for examples; this guide will be most effective if examples reflect your own teaching experience and interactions with your students. The goal is not only to learn the material, but to also apply this knowledge.

This workbook must be completed **before** your assessment event! The Certification Checklist will be completed before and during your assessment 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 progress. Be an active learner!

The answers to most questions are found in the Telemark Technical Manual, Teaching Snowsports Manual, or other reference material found in the Selected References at the end of this workbook. You may fill out the answers in the spaces provided, on a separate sheet of paper, or download and print.

NAME _____ **DATE** _____

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 Responsibility Code.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

5. Write a progression for a beginning Telemark lesson.

6. What are the 4 Telemark Skiing Skills, and 6 Telemark Fundamentals (described in the Telemark Technical Manual and other PSIA educational materials)? List and describe.

7. Please list the sensory Learning Styles.

8. What is the difference between a Telemark Fundamental and a Telemark skill?

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 4 ways people lose heat that can lower one's body temperature and result in hypothermia?

12. Describe a Basic Telemark turn from beginning to end in your own words. Be sure to address the role of each of the Telemark Fundamentals 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 parallel turns similar for Telemark and Alpine? 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. Describe what makes a ski turn?

22. What is an “active” Telemark binding? How does using an “active” Telemark binding affect Telemark skiing?

23. How can the Telemark Fundamentals be used in a beginner lesson?

SELECTED REFERENCES

Telemark Technical Manual, PSIA Publication 2015 (www.thesnowpros.org)

Teaching Snowsports Manual, PSIA-RM Publication 2018 (www.thesnowpros.org)

Telemark Instructor Resource and Reference Guide (<https://www.psia-rm.org/>)