

**PSIA**



**AASI**

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

## PSIA-RM Telemark Level 1 Assessment Activities Checklist

The Telemark Level 1 Assessment Activities are divided into sections: Professionalism, People Skills, Teaching Skills, and Technical skills. Each section has a list that you must be able to perform at or above the assessment criteria for a Level I Telemark Instructor. Please download this document to your phone, or have a copy with you, for your prep clinic or in-house training. Feel free to add notes and feedback that you receive to your personal version of this document. You can ask Telemark Education Staff Members (Tele Ed Staff) to check your notes and provide additional feedback and coaching for improved performance.

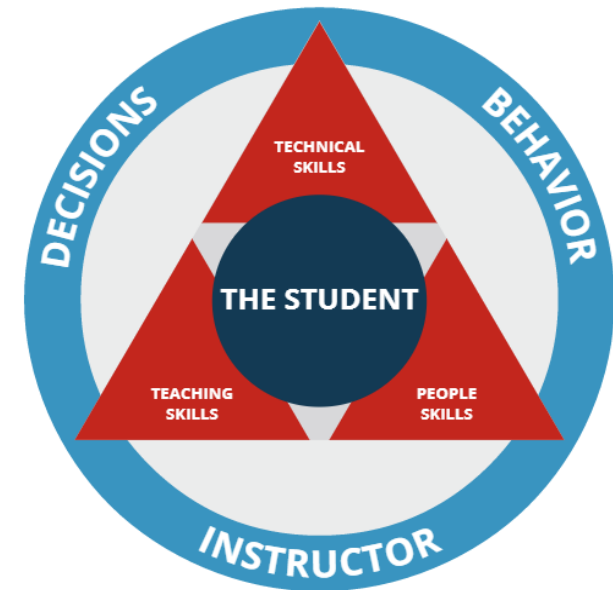
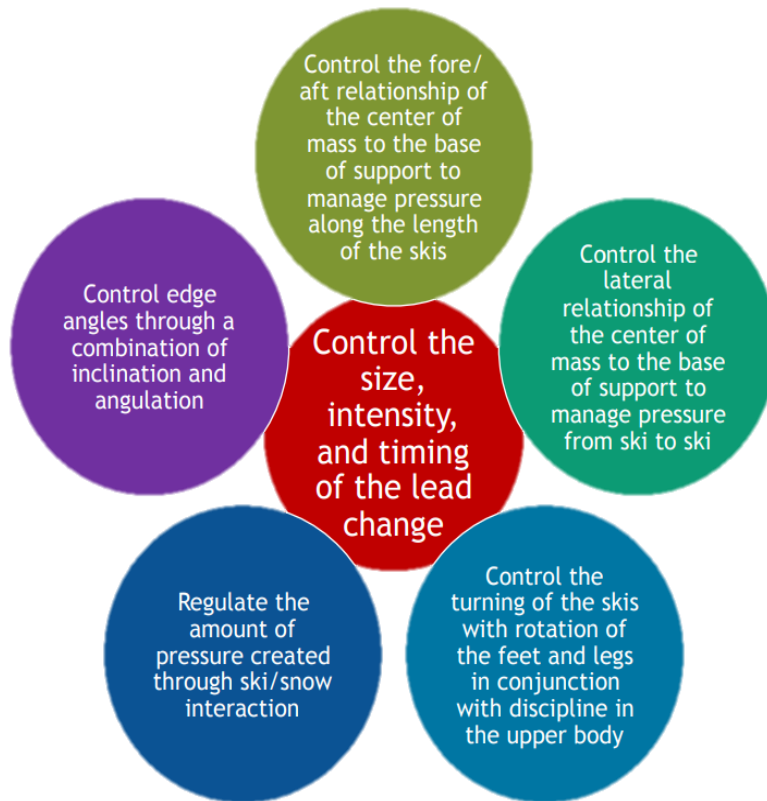
Although you need to know all the assessment activities listed, due to time constraints, your assessors may not cover everything, and your assessors may modify any activity.

Take responsibility for your assessment preparation, learn what you need to learn, ask questions to get the answers you need, and use this checklist to track your progress.

Reference material:

- Certification Standards: [Telemark Certification Standards](#)
- Fundamentals: [The Learning Connection & Discipline-Specific Fundamentals](#)
- Performance Guides:
  - People Skills: [People Skills Performance Guide](#)
  - Teaching Skills: [Teaching Skills Performance Guide](#)
  - Telemark including some assessment activities: [Telemark Skiing Technical Skills Performance Guide](#)
- Assessment Forms: [PSIA Certified Level I Telemark ASSESSMENT FORM](#)

## Telemark Fundamentals



Learning Connection Model

<b>Professionalism and Self-Management</b>	<b>Date</b>	<b>Level</b>	<b>Comments/ Feedback</b>
Consistently demonstrates their ability to: <ul style="list-style-type: none"> <li>• Address group and individual safety and physiological needs.</li> <li>• Exhibit positive behavior in response to feedback</li> </ul>			
<b>People Skills</b>	<b>Date</b>	<b>Level</b>	<b>Comments / Feedback</b>
Consistently demonstrates their ability to: <ul style="list-style-type: none"> <li>• Use verbal and non-verbal communication in a professional manner.</li> <li>• Ask questions to learn about others.</li> <li>• Deliver feedback that acknowledges the emotions of the group.</li> </ul>			
Consistently demonstrates their ability to: <ul style="list-style-type: none"> <li>• Initiate group interaction to build group dynamics.</li> <li>• Identify the motivations and emotions of students.</li> </ul>			

Teaching Skills	Date	Level	Comments / Feedback
<b>Beginner Tele Teaching Topic Is:</b>			
<p>Consistently demonstrates their ability to:</p> <ul style="list-style-type: none"> <li>• Assess students to identify student motivations, performance, and understanding.</li> <li>• Collaborate with students to select a basic progression with clear direction and focus.</li> <li>• Plan lessons that involve productive use of movement, practice time, and terrain</li> </ul>			
<p>Consistently demonstrates their ability to:</p> <ul style="list-style-type: none"> <li>• Organize the learning environment to align with the initial assessment of the group.</li> <li>• Give the group relevant information (basic descriptions, demonstrations, and feedback) that encourages learning.</li> <li>• Manage physical and emotional risk to maintain engagement in the learning environment</li> </ul>			

<p>Consistently demonstrates their ability to:</p> <ul style="list-style-type: none"> <li>• Pace a clear progression to allow students, reflection time, as they explore, experiment, and/or play toward desired outcomes.</li> <li>• Communicate changes in performance.</li> <li>• Relate changes in performance to lesson outcomes</li> </ul>			
<b>Technical, Skiing Performance.</b>	<b>Date</b>	<b>Level</b>	
<p>Applies a blend of fundamentals, showing the ability to vary one or more of them through any phase of the turn to:</p> <ul style="list-style-type: none"> <li>• Reproduce specific ski performances with moderate accuracy</li> <li>• Reproduce a selected turn size, shape, and speed</li> <li>• Demonstrate a functional telemark stance and movement</li> </ul>			
<b>Technical Skiing, Applied, sample assessment activities</b>	<b>Date</b>	<b>Level</b>	<b>Comments / Feedback</b>
Free Ski Groomed			
Free Ski Ungroomed			

<b>Technical Skiing, Blended, sample assessment activities</b>	<b>Date</b>	<b>Level</b>	
Basic Alpine Parallel			
Basic Telemark			
Wedge			
Wedge Christie			
<b>Technical Skiing, Highlighted; sample assessment activities</b>	<b>Date</b>	<b>Level</b>	<b>Comments / Feedback</b>
Delayed Lead Change			
Edge Slip			
Falling Leaf			
Garland			
Monomark			
Shuffle Traverse (500 shuffles)			
Skating			
Uphill Arc			
<b>ASSESSORS CHOICE</b>			

Technical Understanding	Date	Level	Comments / Feedback
<b>Technical Question Is:</b>			
<p>Consistently demonstrates their ability to:</p> <ul style="list-style-type: none"> <li>• Describe ideal performances, referencing at least one of the telemark skiing fundamentals in any turn phase in the beginner/novice zone.</li> <li>• Reference biomechanics and physics principles relevant to skiing outcomes.</li> <li>• Accurately discuss how equipment choices and issues affect performance and safety in the beginner/novice skier zone.</li> <li>• Use Level I-specific information from current PSIA resources relative to the desired outcome.</li> </ul>			

Movement Analysis	Date	Level	Comments / Feedback
<p>Consistently demonstrates their ability to:</p> <ul style="list-style-type: none"> <li>• Observe and describe ski and body performance in one fundamental in one phase of the turn</li> <li>• Identify and describe the cause-and-effect relationships between body performance and ski performance for one fundamental in one turn phase</li> <li>• Compare a described performance to the ideal and prescribe a specific change in one fundamental</li> <li>• Observe and describe how equipment choices and issues affect performance and safety</li> </ul>			