

Telemark Level 1 Assessment Outline

Course Description

Participants will demonstrate their technical understanding and personal performance while working through the skiing, teaching, and technical elements of the Level 1 Telemark Assessment. Participants are required to download and complete the Telemark Level 1 Assessment Workbook and Certification Checklist from the PSIA-RM website prior to attending the assessment. By utilizing the Certification Checklist, participants will be able to enhance and monitor their progress throughout the event.

If you are not currently certified in another discipline, you must complete the Alpine Online E Learning Module as a prerequisite to the Level 1 Assessment. This online module is an excellent introduction to PSIA, teaching, and movement analysis; and will greatly enhance your experience at the event. You must complete this module at least 3 days prior to the event. If you are currently certified in another discipline, the online E Learning module is still strongly recommended.

Participants at this event will earn a Level 1 Certification upon successful completion of Level 1 requirements.

Course Outcomes:

- Consistently link right and left Telemark turns with sustained rhythm and speed in beginner-zone terrain and easy groomed intermediate-zone terrain
- Competently teach Telemark Skiing to students in the beginner zone; all green and easy blue groomed terrain
- Describe the basic movement patterns of skiers in the beginner zone
- Define and explain basic ski terminology, the four Telemark skills and the Telemark fundamentals as described in the Telemark Technical Manual and other PSIA manuals

Sample Activities:

- Identify equipment needs for Telemark skiers in the beginner zone
- Demonstrate: wedge turns, basic parallel turns Telemark, and Alpine
- Demonstrate: 500 shuffles, uphill arcs, Tele sideslips and Tele hockey stops
- Recall the Responsibility Code
- Describe & apply the teaching model
- Demonstrate how to handle a beginner Telemark class and manage a group's behavior based on students' goals

Materials Needed:

- Modern, ski-area Telemark equipment
- Complete Telemark Level 1 Workbook - download at the PSIA-RM website before event
- Alpine Online E-learning Module, Note: see above