

PSIA-Rocky Mountain-AASI

Telemark Level 1 Exam Outline

Course Description:

While working through skiing, teaching and technical elements of Level 1 Telemark, exam participants will enhance their personal performance and understanding. Participants are required to download and complete the Telemark Level 1 Certification Workbook from the PSIA-RM website prior to attending the exam. By utilizing the on-hill checklists, participants will be able to enhance and monitor 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 exam. 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 72 hrs prior to the event. If you are currently certified in another discipline the online E Learning module is strongly recommended. Participants at the level 1 event will earn a Level 1 Certification upon successful completion of the Level 1 requirements.

Course Outcomes:

- Consistently link Telemark turns with sustained rhythm and speed on blue groomed terrain
- Competently teach Telemark Skiing to students level 1-4
- Describe the basic movement patterns in beginner skiers through student level 4.
- Define and explain basic ski terminology and fundamental movements as described in the Nordic handbook and other PSIA manuals

Sample Activities:

- Identify equipment needs for beginner Telemark skiers
- Demonstrate: wedge turns, basic Telemark , open Telemark and open parallel turns
- Demonstrate: 500 shuffle, uphill arcs, Tele sideslips and Tele hockey stops
- Recall the skiers responsibility code
- Describe & apply the teaching model
- Demonstrate how to handle a beginner telemark class and manage a groups behavior based on students goals

Materials Needed:

- Modern Ski Area Telemark equipment.
- Complete Telemark Level 1 Workbook (download at PSIA-RM web site) before event.