

PSIA-RM Telemark Level 2 & 3

Certification Workbook & Checklist

Professional Development & Skills Proficiency Log¹

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 2 and Level 3 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. If you are interested in going for your Level 3 you must complete the entire workbook. If you are interested in going for your Level 2 you must complete all sections except for the Level 3 specific section. If you are not sure which level you would like to go for, you will need to complete the entire workbook to be eligible for Level 3. If you are attending a 2-day verification module you only need to complete the questions applicable to your event (Teaching, Skiing, or MA/Technical), Level 2 questions for Level 2, both Level 2 and Level 3 applicable questions for Level 3. However it is highly recommended that you complete the entire workbook for your level if attending any of the 2-day verification modules. 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. If you would prefer, copy the questions and complete them using a computer.

Name _____ Date _____

Present RM Telemark Certification level _____

Level 2 Teaching

1. List the Teaching Model.

2. List the 4 areas of Student Behavior and list one sub-area in each area.

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

4. List the Snowsport's Safety code.

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

5. Name the 8 different multiple intelligences as described by Howard Gardner.

6. Write a progression for an intermediate Telemark lesson.

7. Please list the sensory Learning Styles.

8. Describe how you apply the principles of Maslow's Hierachy of Needs in your lessons.

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

10. Describe a beginning Telemark lesson plan for an accomplished Alpine skier.

11. Compare the strengths and weaknesses of an adult student with a strong alpine background vs. an adult student (who last skied as a child) with a strong Snowboard background coming into a beginning Telemark lesson. Is there a difference in how you would teach these 2 students in a group lesson? Explain.

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

Level 2 Skiing

13. Describe the bell curve of Learning and Performance.

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

15. Describe pole usage in a medium to long radius Telemark turn. Compare this to pole usage in a short radius turn.

16. Please list 4 drills or exercises for improving balancing movements in Telemark skiing.

17. Please list 4 drills or exercises for improving flexing and extending movements in Telemark skiing.

18. Please list 4 drills or exercises for improving tipping movements in

Telemark skiing.

19. Please list 4 drills or exercises for improving twisting movements in Telemark skiing.

20. Please list 4 drills or exercises for improving lead change movements in Telemark skiing.

21. Describe a Telemark lesson plan for a first time powder lesson.

22. Describe a Telemark lesson plan for entry level bumps.

Level 2 MA / Technical

23. What are the Movements of Telemark Skiing (described in the Nordic handbook)? Please give a description of each.

24. What makes a ski turn? Explain in terms of the skiing skills and movements.

25. What are the 4 contributing factors for an avalanche?

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

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

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

29. What are the benefits and drawbacks of teaching a beginner the wedge position? What are the benefits and drawbacks of teaching a beginner "direct to

parallel”?

30. Describe the process you use to perform Movement Analysis.

31. In performing Movement Analysis, what observation(s) would you make to determine:

- a. if both skis were turning at the same rate of speed throughout the turn?
- b. if continual pressure was maintained on both skis throughout the turn?
- c. whether a rotary movement was primarily leg steering or body rotation?
- d. whether the turn was primarily carved or steered?

32. Movement Analysis. Please give an example of how ski/body performance in one movement/skill pool during one phase of the turn can affect the ski/body performance (positively or negatively) with that same movement/skill pool in a different phase of the turn. Describe.

Level 3 Candidates Only

Level 3 Teaching

33. What are some common problems Telemark skiers have in powder? List some exercises you use to correct these.

34. Please list the 8 functioning types of Carl Jung. (Also called Myers-Briggs Type Indicator)

_____	_____
_____	_____
_____	_____
_____	_____

35. Write a progression for an advanced Telemark lesson.

36. What are the advantages of teaching "shuffling"-type exercises in beginning, intermediate, and advanced lessons?

37. What is a common error that advanced Telemark students make? Explain this in terms of the skiing skills and movements. What exercise/ progression would you use to correct this?

38. How do you give effective feedback to your students?

Level 3 Skiing

39. What is a retraction turn? When would you use a retraction turn in Telemark

skiing?

40. How have reverse cambered (rockered) and "fat" skis affected Telemark technique? Explain in terms of the skiing skills and movements.

41. What is the proper weight distribution on the front and back foot in Telemark skiing? Please explain.

42. What is the difference between cross over and cross under? When is each of these used?

43. What is edge bevel? Base bevel? What effect does each have on the way the ski skis? (Ask a master ski tuner if you do not know.)

Level 3 MA / Technical

44. Please describe why countering is important in Telemark skiing, how much

counter is necessary, and which skills it affects.

45. Describe dorsiflexion and plantarflexion

46. What effect does putting a lifter under your binding have? What type of skier would benefit the most from lifters?

47. What is the difference between angulation and inclination?

48. Describe adduction and abduction.

49. Please describe the different types of rotary movements. In what situations might one be preferred over another?

50. Movement Analysis. Please give an example of how ski/body performance in one movement/skill pool can affect the ski/body performance (positively or negatively) in a different movement/skill pool. Describe.

RESOURCE LIST

Nordic Technical Manual, PSIA Publication 2005

Nordic Handbook, PSIA-RM Publication 2006

Core Concepts for Snowsports Instructors, PSIA Publication 2001

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

PSIA-RM Telemark Level 2 & 3

Certification Checklist

Checklist to be completed only DURING your 2-day or 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 2 and Level 3 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 2 or 3 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 2 or 3 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 for a 3-day event, you are expected to know all the skiing maneuvers, teaching and technical elements in this checklist. For a 2-day event you are expected to know the applicable elements of this checklist, and it is highly recommended that you are knowledgeable of the other elements outside your 2-day verification module. However 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!

Only Nordic Education Staff Members working your event may initial a pass in your Checklist unless otherwise noted.

PSIA-RM Telemark Instructor Training Course
Level 2 / 3 Checklist

SKIING Maneuvers	Educ Initials	Level	Comments / Feedback
1 Railroad Tracks - Parallel Only = Level 2			
Railroad Tracks - Telemark & Parallel = Level 3			
2 Pivot Slips - Linked Tele Both Directions = Level 2			
Linked Pivot Slips - Tele & Parallel = Level 3			
3 Wedge Christie Telemark			
4 Basic Tele & Parallel			
5 Switch Wedge Christie = L 2, Switch W.C. Tele = L 3			
6 Short Radius			
7 Medium Radius Tele & Parallel			
8 Educator's Choice			
TELEMARK SKIING Applied / Terrain Maneuvers and Tasks	Educ Initials	Level	Comments / Feedback
1 Shuffle 750 = Level 2			
Shuffle 1000 = Level 3			
2 Monomark			
3 Ungroomed			
4 Blue Bumps = Level 2 / Black Bumps = Level 3			
5 Educators Choice			

PSIA-RM Telemark Instructor Training Course
Level 2 / 3 Checklist

TEACHING L 2 = Teaching L 6 / 7, L 3 = Teaching L 8 / 9	Educ Initials	Level	Comments / Feedback
<i>Teaching Topic Is:</i>			
1 Uses Teaching Model / ATS / Lesson Makes Sense			
2 Develops Rapport / Engages Student / Individual Motivation			
3 Learning Styles / Teaching Styles / Presents Multi-Ways			
4 Safe Environment			
5 Technically Accurate Lesson with Feedback			

TECHNICAL	Educ Initials	Level	Comments / Feedback
1 Movement Analysis Description			
2 Movement Analysis Cause & Effect			
3 Movement Analysis Prescription			
4 Technical Knowledge			