

MA Prescription

Level: Educ Initials: Comments:

Movements/ Skiing Skills

Level: Educ Initials: Comments:

Technical Knowledge

Level: Educ Initials: Comments:

12

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**PSIA-RM Telemark Level 2/3
Certification Booklet**



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Certification Booklet**



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Certification Booklet

Booklet is to be completed only DURING your 2-day certification event!!!!

This certification Booklet 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 2/3 Certified Telemark Instructor. You will want to use this Booklet to actively keep track of where you currently are in each area. Use this Booklet 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 Booklet every day of your 2-day certification event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the Level 2/3 standard, and provide feedback and coaching for improved performance.

Level 2/3 Checklist: Technical

Technical question is:

MA Description

Level: Educ Initials: Comments:

MA Cause & Effect

Level: Educ Initials: Comments:

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Technical question is:

MA Description

Level: Educ Initials: Comments:

MA Cause & Effect

Level: Educ Initials: Comments:

Learning Styles / Teaching Styles / Presents in multiple ways

Level: Educ Initials: Comments:

Lesson provides a safe environment

Level: Educ Initials: Comments:

Delivers technically accurate lesson with feedback

Level: Educ Initials: Comments:

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Lesson provides a safe environment

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Delivers technically accurate lesson with feedback

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This Booklet 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 2/3 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 although you are expected to know all the skiing maneuvers, teaching and technical elements in this Booklet, during your **two**-day event 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!

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This Booklet 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 2/3 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.

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**Level 2/3 Checklist:
Maneuvers**

Level 2: Railroad Tracks / Parallel Only
Level 3: Railroad Tracks / Tele & Parallel
Level: Educ Initials: Comments:

Level 2: Pivot Slips / Linked Tele
Level 3: Pivot Slips / Tele & Parallel
Level: Educ Initials: Comments:

Wedge Christie Telemark
Level: Educ Initials: Comments:

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Maneuvers**

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Level 3: Pivot Slips / Tele & Parallel
Level: Educ Initials: Comments:

Wedge Christie Telemark
Level: Educ Initials: Comments:

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**Level 2/3 Checklist:
Teaching**

Delivers lesson @ Level 2: 5-7, Level 3: 8-9
Teaching Topic is:

**Uses Teaching Model / ATS /
Lesson makes sense**
Level: Educ Initials: Comments:

**Develops Rapport / Engages Students /
Attends to individual motivations**
Level: Educ Initials: Comments:

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Level: Educ Initials: Comments:

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Ungroomed

Level: Educ Initials: Comments:

Level 2: Blue Bumps

Level 3: Black Bumps

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

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Basic Tele & Parallel

Level: Educ Initials: Comments:

Level 2: Switch Wedge Christie

Level 3: Switch Wedge Christie Tele

Level: Educ Initials: Comments:

Short Radius

Level: Educ Initials: Comments:

5

Ungroomed

Level: Educ Initials: Comments:

Level 2: Blue Bumps

Level 3: Black Bumps

Level: Educ Initials: Comments:

Basic Tele & Parallel

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Educator's Choice

Level: Educ Initials: Comments:

Short Radius

Level: Educ Initials: Comments:

8

5

Medium Radius/Tele & Parallel

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

6

Medium Radius/Tele & Parallel

Level: Educ Initials: Comments:

Educator's Choice

Level: Educ Initials: Comments:

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Level 2/3 Checklist:

Tele Skiing Applied

Terrain Maneuvers & Tasks

Level 2: 750 Shuffle

Level 3: 1000 Shuffle

Level: Educ Initials: Comments:

Monomark

Level: Educ Initials: Comments:

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Level 2/3 Checklist:

Tele Skiing Applied

Terrain Maneuvers & Tasks

Level 2: 750 Shuffle

Level 3: 1000 Shuffle

Level: Educ Initials: Comments:

Monomark

Level: Educ Initials: Comments:

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