

# PSIA-Rocky Mountain-AASI

## WHAT TO EXPECT AT YOUR EXAM

### PSIA-RM Telemark Level 2/3 certification

Information, Thoughts, Things to consider:

- **Your Evaluators are here to help you succeed and learn.....**
- Our greatest strength and learning opportunity is the group. Let's create the most fun and rewarding certification event ever, together.
- Please be an active learner: contribute, share, listen, be open-minded, be sensitive to group needs, tell us your needs so you get what you want, and be honest.
- You will receive a Level 2/3 Certification booklet at the beginning of your event. **This booklet is for you to write down your personal feedback**, notes, thoughts, fresh insights, new cool teaching ideas, etc., and is for you to keep. There will be little to no written feedback on your scorecards.
- Evaluators will be as transparent as possible and will talk with each of you individually during the process to go over your booklets, and if you wish, go over how you are doing.

### Tentative Agenda

**8:30-8:45 Check-in and collect completed workbooks.** We will review these as a group over the course of the 2 days.

**After check-in:** introduction, overview of 2 days, personal goals, and answer questions.

**The following will be accomplished during the 2 days:**

#### TEACHING:

First, as a warm-up, your evaluators will ask you to give a short, 3-5 minute presentation. The topic could be one of your choice or one picked by your evaluator.

Then during the course of the 2 day event, you will teach at least 1 (and possibly 2)- 20-30 minute teaching sessions to the appropriate level – Cert level 2's teach to a student level 5-7, Cert level 3's teach to a student level 8-9 (or to the group).

- 1st session-topic will be of a teaching topic of your choice.
- 2<sup>nd</sup> session (which may or may not happen)-topic will be chosen for you by leaders. After your teaching session you will review your teaching with your evaluators.

#### SKIING:

We will ski through many if not all the skiing maneuvers and tasks listed in the Tele 2/3 workbook for Tele level 2/3. Some tasks/maneuvers may be videoed and subsequently reviewed with your evaluators. Receiving personal feedback on your performance of the skiing maneuvers is an essential part of the certification process. **Remember to write your feedback in your certification booklet.** Please help us by communicating when and how we can best provide your feedback.

#### TECHNICAL/MOVEMENT ANALYSIS:

On the first or second day you will ride the chair with your evaluators and answer a technical question of your choice. Later, you may be asked more technical questions. Movement analysis will take place inside using video, and on a live skier on the ski hill. For complete details on the format of this session, please refer to the document entitled Telemark Levels 2 and 3 Movement Analysis, listed under exam materials on the Nordic Education Material Download Page at [www.psia-rm.org](http://www.psia-rm.org).

#### OTHER STUFF:

We will be done by 4:30ish each day as long as Mother Nature and lifts cooperate.. Evaluators will also return your Workbooks at the end of the event. Exam evaluations will be sent via E-mail from the PSIA-RM office. Please take the time to fill out the Exam evaluation. We value your feedback!