

PSIA-RM Telemark Level 2 and 3 Assessment Workbook

Professional Development & Skills Proficiency Log

Welcome to PSIA-RM Telemark Certification program. The Assessment Workbook and Certification Checklist are 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 or Level 3 Certified Telemark Instructor. Use this workbook as a study guide to prepare you for the assessment process. It is important to find the answers to the questions and integrate these answers into your teaching experience, 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 also to apply this knowledge.

This workbook must be completed **before** your assessment event. The Certification Checklist is to be completed before and during your assessment event. If going for your Level 3 certification, you must complete the entire workbook. If going for your Level 2, you must complete a minimum of the level 2 sections. If attending a 2-day verification module, you need to complete the questions applicable to your level 2 or level 3 event: Teaching, Skiing, or MA/Technical. However, it is highly recommended that you complete the workbook for your level, if attending any 2-day verification module. It is important to allow plenty of time to complete this workbook prior to your event 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 Telemark Technical Manual, Teaching Snowsports Manual, or other reference material found in the Selected References at the end of this workbook. You may fill out the answers in the spaces provided, on a separate sheet, or download and print.

Name _____ Date _____
Present RM Telemark Certification level _____

Level 2 Skiing

13. Describe the bell curve of Learning and Performance.

14. How are parallel turns similar for Telemark and Alpine? 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 Telemark 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 rotational 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 Telemark technical manual? Please give a description of each.

24. What makes a ski turn? Explain in terms of the Telemark Fundamentals/skills.

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 Telemark Fundamental/skill pool during one phase of the turn can affect the ski/body performance, positively or negatively, with that same Telemark Fundamental/skill pool in a different phase of the turn. Describe.
33. What are the Telemark Fundamentals? Of the fundamentals, which one are you working on most with your skiing, and describe how you are using it?

Level 3 Candidates

Level 3 Teaching

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

35. Please list the 8 functioning personality types of Carl Jung. Note: Also called Myers-Briggs Type Indicator.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

36. Write a progression for an advanced Telemark lesson.

37. What are the advantages of teaching “shuffling”-type exercises in beginning, intermediate, and advanced lessons?

38. 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?

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

Level 3 Skiing

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

41. How have reverse-cambered (rockered) and “fat” skis affected Telemark technique? Explain in terms of the Telemark Fundamentals/skills.

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

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

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

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

 52. How do the Telemark Fundamentals/skills help you develop and present a lesson in the advanced zone?
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RESOURCE LIST

Telemark Technical Manual, PSIA Publication 2015 (www.thesnowpros.org)

Teaching Snowsports Manual, PSIA-RM Publication 2018 (www.thesnowpros.org)

Telemark Resource and Reference Guide (<https://www.psia-rm.org/>)