

#### ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America American Association of Snowboard Instructors

# 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 _	

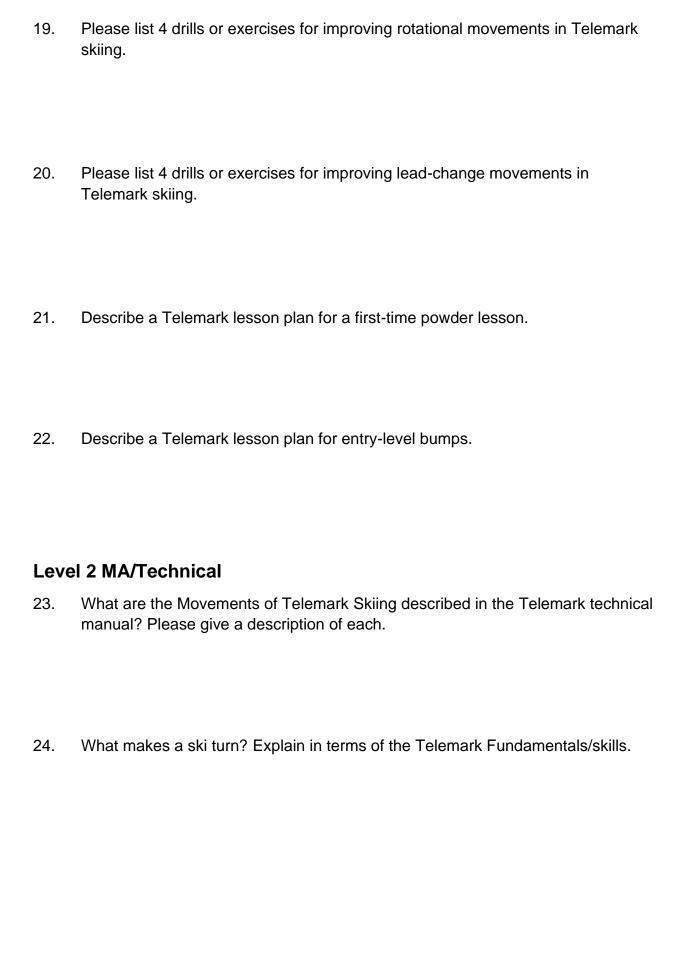
### **Level 2 Teaching**

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 Responsibility Code.  1)
	<ul> <li>2)</li></ul>
	6)
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 Hierarchy 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 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



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 the Telemark Fundamentals and skills?
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.	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.	Teler perfo	ement Analysis. Please give an example of how ski/body performance in one nark Fundamental/skill pool during one phase of the turn can affect the ski/body rmance, positively or negatively, with that same Telemark Fundamental/skill in a different phase of the turn. Describe.	
33.		are the Telemark Fundamentals? Of the fundamentals, which one are you ng 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?

Leve	I 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.

How do you give effective feedback to your students?

39.

#### Level 3 MA / Technical

45.	Please describe why countering is important in Telemark skiing, how much counter is necessary, and which skills it affects.
46.	Describe dorsiflexion and plantarflexion.
47.	What effect does mounting a lifter under your binding have? What type of skier would benefit the most from lifters?
48.	What is the difference between angulation and inclination?
49.	Describe adduction and abduction.
50.	Please describe the different types of rotary movements. In what situations might one be preferred over another?

51.	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?

#### **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/)