

# BELLEAYRE MOUNTAIN SNOWSPORTS SCHOOL

## CERTIFICATION PLAN FOR PSIA *LEVEL I*

Instructor: \_\_\_\_\_

Exam Date: \_\_\_\_\_

THERE MUST BE A BALANCED ATHLETIC STANCE WITH SPEED CONTROL FOR EACH TASK

<i>SKIING TASKS</i>	<i>SUGGESTED TERRAIN</i>	<i>INST. CK.</i>	<i>TRAINER CK</i>
BASIC PARALLEL TURNS – SHORT / MEDIUM / LONG	ANY MID STATION TRAIL	□ □ □ □	
SPONTANEOUS CHRISTIES	ROARING BROOK	□ □ □ □	
WEDGE TURNS	ROARING BROOK	□ □ □ □	
STEPPING / SKATING MANEUVERS ON THE FLATS	TOP OF LIFT # 7 TO SUPERCHEIF, AND ROARING BROOK	□ □ □ □	
VERTICAL SIDE SLIP	MID WANATUSKA POSSIBLY TOP	□ □ □ □	
POLE USE	USE WHERE APPROPRIATE	□ □ □ □	
<b>VIDEO ANALYSIS OF MANEUVERS</b>	DATES: _____		

### TEACHING AND PROFESSIONAL KNOWLEDGE

- 1) LEAD THE GROUP THROUGH A SERIES OF ACTIVITIES THAT WILL HELP IMPROVE OR DEVELOP ONE OF THE BASIC SKILLS. YOU MUST BE ABLE TO DEMONSTRATE AN AWARENESS OF THE BASIC TEACHING PROCESS THAT COULD HELP A BEG/NOVICE LESSON.

TASK	TRAINER CHECK	COMMENTS
INTRODUCING THE ACTIVITY	□ □ □ □	
DEVELOP THE ACTIVITY (PROGRESSION)	□ □ □ □	
GIVING FEEDBACK	□ □ □ □	
SUMMARIZING THE ACTIVITY	□ □ □ □	

- 2) IDENTIFY HOW YOUR LESSON RELATES TO THE DEVELOPMENT OF THE FOUR SKILLS.
- 3) DEMONSTRATE AN AWARENESS OF SAFETY PRACTICES AT ALL LESSON ACTIVITIES AND IN YOUR OWN PERSONAL SKIING.
- 4) DISCUSS HOW TO CHANGE LESSON ACTIVITIES IN CONSIDERATION OF STUDENT AGE, THE WEATHER OR SNOW CONDITIONS.
- 5) DISCUSS THE BASIC OPTION, SOLUTIONS, AND BENEFITS THAT MODERN SKI DESIGNS PROVIDE.