



BELLEAYRE MOUNTAIN

Preparing for PSIA-E LEVEL I Exam

RESOURCES

- PSIA- E Alpine Exam Guide
- PSIA/AASI Alpine Technical Manual (2014)
- PSIA/AASI Alpine Teaching Snowsports Manual (2018)
- Must complete the Level I e-Learning Course before the event.

**The Professional Ski Instructors of
America
Eastern Division**



**Alpine
Exam Guide**

<https://www.psia-e.org>

October 2019

WHAT TO EXPECT

- Two-day Educational/Certification Event.
- The first day of the event will be educational in nature and focus on the areas of need to meet the Level I National Standard by the end of the second day.
- The assessment atmosphere will be light, constructive, and kept to the level being evaluated.
- You should be able to show that you can teach and engage students in the Novice Zone.

SKIING FUNDAMENTALS

- Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis' rotation with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

These Fundamentals are present at all stages of development in one way or another with every student that we see.

SKIING EVALUATION

- Flat Terrain Movements – Be able to show and demonstrate Side Stepping, Herring Bone, Turning Around on Flats (Bull Fighter Move).
- Novice Zone Skiing Tasks
 - ❖ *Straight Run*
 - ❖ *Wedge Turn*
 - ❖ *Wedge Christy*
 - ❖ *Basic Parallel with and without a pole touch*
- Agility/Versatility
 - ❖ *Bouncing, hopping, stepping and shuffling*
 - ❖ *Crab walk*
 - ❖ *Traverse across the hill on both uphill edges*

TEACHING EVALUATION

- Each person should be prepared to teach and lead the group through activities.
- Teach what you know.
 - ❖ First-time student – Introduction to equipment, boot drills, 1 ski activities – etc.
 - ❖ Children
- Show you understand Skiing Fundamentals
- Group Discussions – checking for understanding – people skills
- Safety – How do you keep your customers safe? How do you keep us safe?
- CAP understanding – Ages and Stages (what should we expect at different ages).

**PROFESSIONAL SKI INSTRUCTORS OF AMERICA
EASTERN DIVISION
CERTIFIED LEVEL I EVALUATION SHEET**



Name: _____ No: _____

Area: _____ Date: _____

Examiner: _____

SKIING SKILLS:

Maintains a balanced stance throughout a series of skiing activities. 1 2 3 4 5 6

Demonstrates an appropriate blend of skills with consideration for the snow conditions, equipment, terrain, etc. 1 2 3 4 5 6

Ski all green and groomed blue terrain demonstrating consistent balance and control of speed through turn shape. 1 2 3 4 5 6

TEACHING SKILLS:

Demonstrates a solid foundation of information and experience necessary to be an effective teacher of beginner-novice zone skiers. 1 2 3 4 5 6

Demonstrates a basic understanding of how to manage the learning environment and safety for different age and gender situations. (Cannot score lower than 3) 1 2 3 4 5 6

Understands the coach/student relationship and how to develop trust between them. Can identify learning styles and preferences. 1 2 3 4 5 6

PROFESSIONAL KNOWLEDGE:

Understands the concept of skill blending, and identifying how different skill blends create different outcomes regarding ski performance for a Beginner/Novice zone skier. 1 2 3 4 5 6

Recognizes general movement patterns relative to skill categories in Beginner/Novice zone skiers 1 2 3 4 5 6

Can identify equipment needs, and service concerns of Beginner/Novice zone skiers. 1 2 3 4 5 6

The element(s) of the National Standards:

1. Essential Elements were not observed or not present.
2. Essential elements are beginning to appear.
3. Essential elements appear, but not with the necessary consistency.
4. Essential elements appear regularly, at a satisfactory level.
5. Essential elements appear frequently, above required level.
6. Essential elements appear continuously, at a superior level.

Total Score must be a minimum of 38 points to attain Level I certification:

Total Score: _____

Rev. 11/2018

COVID SAFETY

- Most likely meet outside – minimize time inside – keep a distance when possible
- When in our group, keep your facemask on.
- When Teaching, keep your facemask on.
- When Skiing and there is distance - facemask can be off.
- Spacing on Chairlift or Gondola – facemask on.

SOME QUESTIONS YOU SHOULD BE ABLE TO ANSWER

- Who determines what is going to be learned in your lesson?
- What are some indicators that your student might not feel comfortable?
- How do you make someone comfortable in their lesson?
- Why is listening important when working with your student?
- What happens when instructors move the student too quickly through progressions?

QUESTIONS