

Senior Specialist

2011

PSIA-NW Standards: Foundations, SS 1 and SS 2

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Senior Specialist Standards

Introduction

The following are the current (2010–11) PSIA Senior Specialist Standards. Referenced to the *Alpine Technical Manual (ATM, 2nd Edition, 2007)*, *Core Concepts (2001)* and the *PSIA-NW Senior Specialist Manual (SS Manual, 2nd Edition, 2010)*, terminology is consistent with these manuals and is to be used throughout this document. These standards provide a training and educational focus and represent a minimum competency for each level of specialist.

The premise of the standards is based upon the concepts of “levels of understanding” that define stages of learning in degrees of understanding. Just as certification is a measure of understanding, levels of certification represent stages of understanding. Although not a certification, Senior Specialist’s will be expected to meet levels of competency defined by SS 1 and SS 2 standards. This is a certificate based educational offering of PSIA-NW. Candidates will be held to the knowledge and performance standards of the level at which they are participating as well as the criteria for all preceding levels.

Levels of participant understanding are based on Bloom’s Taxonomy. The Taxonomy criteria are noted in italicized formatting throughout this document.

Original (Bloom et al., 1956) and Revision (Anderson, 2001)

Definitions from Bloom B. S. (1956). Taxonomy of Educational Objectives, Handbook I: The Cognitive Domain. New York: David McKay Co. Anderson, L. W., Krathwohl, D. R. (Eds.). (2001). A taxonomy for learning, teaching and assessing: A revision of Bloom's Taxonomy of educational objectives: Complete edition, New York: Longman.

Remember (Knowledge Level)

Ability to recall or recognize terms, definitions, facts, ideas, materials, patterns, sequences, methods, principles. Key verbs: name, list, state, describe, recall, label, recognize.

Understand (Comprehension Level)

Read and understand descriptions, communications, reports, tables, diagrams, directions, regulations, etc. The ability to grasp meaning. Key verbs: paraphrase, identify, explain, translate, interpret.

Apply (Application Level)

Know when and how to use ideas, procedures, methods, formulas, principles, theories, etc. The ability to use learned material in new situations or the unprompted use of abstractions. Key verbs: execute, compute, demonstrate, discover, predict, show, solve, implement.

Analyze (Analysis Level)

Break down information into its constituent parts and recognize their relationship to one another and how they are organized; identify sublevel factors or salient data from a complex scenario. The ability to distinguish between fact and inference. Key verbs: diagram, illustrate, outline, infer, conclude, differentiate, compare/contrast.

Create (Synthesis Level)

Put parts or elements together in such a way as to reveal a pattern or structure not clearly there before; identify which data or information from a complex set is appropriate to examine further or from which supported conclusions can be drawn. Key verbs: create, compose, design, reorganize, formulate, create a new ending.

Evaluate (Evaluation Level)

Make judgments about the value of proposed ideas, solutions, etc., by comparing the proposal to specific criteria or standards. The ability to judge the value or worth of material and ideas against stated criteria. Key verbs: judge, appraise, compare, contrast, criticize, justify, critique.

Senior Specialist Levels

PSIA-NW recognizes three levels of the senior specialty: Foundations, SS 1 and SS 2. Successful outcomes are based on the individual's knowledge and application of specific skill ability, educational expertise and experience related to the senior client.

General Requirements

Specialist Level	General Requirements
Foundations	The successful SS Foundations participant will demonstrate <i>knowledge</i> of the technical terms, concepts and models listed below. The successful participant will demonstrate the ability to work Beginning to Intermediate zone senior students that are learning and moving in all green and groomed blue terrain. Requirements of participation include a Registered level in the alpine discipline. Successful completion of SS Foundations is required before participation in the SS 1 educational event OR the participant may present documentation to the PSIA-NW office proving 20 teaching hours of the adult student and participate directly in the SS 1. Successful participants will be awarded a certificate of participation.
SS 1	The successful SS 1 participant will demonstrate the <i>knowledge and comprehension</i> as well as the <i>application</i> of the technical terms, concepts, and models listed below. The successful participant will demonstrate the ability to work with Beginning to Intermediate zone senior students that are learning and moving in all green terrain and groomed blue terrain. Requirements of participation include a Certification Level 1 in any alpine discipline. Participants will be awarded a Senior Specialist 1 certificate upon successful program completion.
SS 2	The successful SS 2 participant will demonstrate the <i>application and analysis</i> and the ability to <i>synthesize and evaluate</i> the technical terms, concepts, and models listed below. The successful participant will demonstrate the ability to work with Beginning to Advanced zone senior students who are learning and moving in all terrain up to and including groomed black terrain. Requirements of participation include a Certification Level 2 in any alpine discipline. Participants will be awarded a Senior Specialist 2 certificate upon successful program completion.

Movement Analysis and Technical Knowledge

SS Foundations	The successful SS 1 participant will demonstrate the <i>knowledge</i> of the technical terms, concepts, and models listed below. The successful participant will demonstrate the ability to recognize specific movement patterns in seniors who are learning and moving in all green and groomed blue terrain.
SS 1	The successful participant will demonstrate the <i>knowledge and comprehension</i> as well as the <i>application</i> of the technical terms, concepts, and models listed below. The successful participant will demonstrate the ability to recognize specific movement patterns in the Beginning to Intermediate zone senior students who are learning and moving in all green and groomed blue terrain. Workbook completion is mandatory.
SS 2	The successful participant will demonstrate the <i>knowledge and comprehension</i> as well as the ability to <i>apply, analyze, synthesize and evaluate</i> the technical terms, concepts, and models listed below. The successful participant will demonstrate the ability to recognize specific movement patterns in Beginning to Advanced zone senior students who are learning and moving in all terrain conditions. Workbook completion is mandatory.

Participants will be evaluated based on the following criteria, terms, concepts, and models:

- The Learning Partnership: Student Profile and Instructor Behavior
 - Teaching concepts
 - The Teaching Cycle
 - Guest Description
 - Guest Needs
 - Effective use of the Mountain Playground
 - Wrap Up
 - Class Handling
 - Pacing and low impact movement patterns
 - Intensity
 - Terrain choices, conditions
 - Skiing Concepts:
 - Efficient movement patterns related to the skills concept
 - Senior specific Low Impact/Continuous Movement Model
 - Skeletal alignment
 - Continuous fluid movement
 - Minimizing joint impact
 - Stance and balance
 - CAP Model
 - Cognitive:
 - Developmental milestones
 - Learned movement patterns, behaviors
 - Roadblocks to learning
 - VAK
 - Affective:
 - Client desires, goals and history
 - Gardner's Multiple Intelligence's
 - Maslow's Hierarchy of Needs
 - Erik Erikson's Psycho-social Development Theory
 - Physical:
 - Low Impact/Continuous Movement Model
 - Biomechanics specific to physical outcomes
 - Anatomic/Physiologic components
 - Fatigue minimizing movement patterns
 - Movement Analysis
 - Real versus Ideal Movement Patterns
 - Cause-and-effect relationships
- Equipment Components
 - Boot fit and design
 - Technology of ski design
 - Student centered choices
- Adjunct
 - Stakeholder partnerships
 - Senior program development
 - Anxiety, fear, risk taking
 - Neurologic feedback system

Teaching Standards

Foundations	The successful participant will demonstrate the <i>knowledge</i> of the learning partnership, concepts, and models listed. The successful Foundations participant will participate in group discussions related to the teaching cycle and senior teaching model. The successful participant will demonstrate the ability to recognize and demonstrate <i>knowledge</i> of the teaching cycle for seniors who are learning and moving in all green and groomed blue terrain.
SS 1	The successful SS I participant will demonstrate the <i>knowledge, comprehension</i> and <i>application</i> of the learning partnership, teaching concepts, and models listed. The successful participant will demonstrate the <i>knowledge, comprehension</i> and <i>application</i> of the teaching model for seniors in the Beginning to Intermediate zone in green to groomed blue terrain. The successful candidate will demonstrate active participation with the group and clinician in demonstrating understanding methodology of the teaching cycle, senior specific models and movement patterns.
SS 2	The successful SS 2 participant will demonstrate the ability to choose appropriate drills and tasks and teach a safe, effective lesson progression or teaching segment that demonstrate the <i>application and analysis</i> and the ability to <i>synthesize and evaluate</i> the technical terms, concepts, and models listed. The successful participant will demonstrate the ability to teach to a spectrum of senior clients from beginning to advanced zones and in all terrain.
SS 2	Professional Knowledge The successful SS 2 participant will be able to demonstrate the <i>application and analysis</i> and the ability to <i>synthesize and evaluate</i> the technical terms, concepts, and models listed related specifically to the senior client including the connection between movements, skills and resultant ski performance as well as the relationship between the teaching cycle and teaching model. The successful participant will demonstrate personal mastery by written, verbal and physical modalities.

Movement Standards

Movements and coordination is based on the definitions of "initial", "elementary", and "mature", as defined in *Core Concepts* (PSIA/AASI, 2001), pg. 20.

The “initial” movement stage is when a skier is unfamiliar with a movement and relies on sensory input and coaching to learn. Often, the movements are very sequential and performed individually. The skier in this stage may show signs of a movement pattern periodically but not consistently.

The “elementary” stage denotes skiers who can perform movements without looking at that body part but still need to think it through and concentrate on the parts. While movements are still sequential, the skier will link them together in a more fluid manner. The skier in the elementary stage will be able to consistently demonstrate a movement pattern but may not be able to apply it in all situations.

The “mature” stage is characterized by smooth, fluid, and automatic movements without showing obvious, conscious thought. Movements can be repeated and applied across a wide spectrum of situations. A skier with mature movements and coordination of movements will be able to smoothly blend movements for a specific outcome and be able to readily change or adapt movements to different terrain situations and snow conditions.

Foundations	Skiing
Participants will be evaluated on the following movements and coordination:	<ul style="list-style-type: none"> • Level 1 Certification Standards • Elementary stage of movement coordination • Ability to demonstrate Ideal movement patterns based on evaluation of Real movement patterns observed in the senior client in the Beginning to Intermediate zone • Ability to demonstrate senior specific tasks and drills to Level 1 Certification Standards

Foundations	Movement skills and Performance
Successful participants will demonstrate the ability to comfortably perform in the following terrain:	<ul style="list-style-type: none"> • All green and blue terrain • Ability to demonstrate senior specific tasks and drills to Level 1 Certification Standards

Foundations	Applied Movements
<p>Movements to be applied at Foundations include the efficient movement patterns of balance, edging, pressure and rotary skills that will affect the performance outcomes of the senior client utilizing the concepts of low impact, low fatigue continuous movement patterns. The candidate will be asked to demonstrate movements and techniques that enable the senior skier to meet the following goals: minimize muscle fatigue, minimize high impact to joints, conservation of energy and improved confidence.</p> <p>Applied movements include the utilization of a stacked skeletal alignment to reduce muscle fatigue, continuous flexing and extending movements to reduce impact, balancing movements which include maintaining a strong inside half and rotary movements where the turning of the leg is initiated with the femur rotating within the hip socket.</p>	

SS 1**Skiing**

Participants will be evaluated on the following movements and coordination:

- Level 1 Certification Standards
- Ability to demonstrate senior specific tasks and drills to Level 1 Certification Standards
- Elementary to Mature stages of coordination
- Ability to demonstrate Ideal movement patterns based on evaluation of Real movement patterns observed in the senior client in the Beginning to Intermediate zone

SS 1**Movement Skills and Performance**

Successful SS1 participants will demonstrate the ability to comfortably perform in the following terrain:

- All green terrain
- Blue groom terrain including gentle off-piste conditions and small bumps
- Ability to perform senior specific tasks as requested utilizing the low impact/continuous movement model including the ability to slip, skid and incline as directed.

SS I**Applied Movements**

Movements to be applied at Foundations include the efficient movement patterns of balance, edging, pressure and rotary skills that will affect the performance outcomes of the senior client utilizing the concepts of low impact, low fatigue continuous movement patterns. The candidate will be asked to demonstrate movements and techniques that enable the senior skier to meet the following goals: minimize muscle fatigue, minimize high impact to joints, conservation of energy and improved confidence.

Applied movements include the utilization of a stacked skeletal alignment to reduce muscle fatigue, continuous flexing and extending movements to reduce impact, balancing movements which include maintaining a strong inside half and rotary movements where the turning of the leg is initiated with the femur rotating within the hip socket.

SS 2**Skiing**

Participants will be evaluated on the following movements and coordination:

- Level 2 Certification Standards
- Mature stages of coordination
- Ability to demonstrate Ideal movement patterns based on evaluation of Real movement patterns observed in the senior client in the Beginning Zone through Advanced Zone.
- Ability to demonstrate senior specific tasks and drills to Level 2 Certification Standards

SS 2:**Movement Skills and Performance**

Successful SS 2 participants will demonstrate the ability to comfortably perform in the following terrain:

- All green terrain
- All blue terrain including variable off-piste conditions and bumps
- Groomed and smooth off-piste black terrain
- Ability to perform senior specific tasks as requested utilizing the low impact/continuous movement model including the ability to slip, skid and incline as directed

SS 2**Applied Movements**

Movements to be applied at Foundations include the efficient movement patterns of balance, edging, pressure and rotary skills that will affect the performance outcomes of the senior client utilizing the concepts of low impact, low fatigue continuous movement patterns. The candidate will be asked to demonstrate movements and techniques that enable the senior skier to meet the following goals: minimize muscle fatigue, minimize high impact to joints, conservation of energy and improved confidence.

Applied movements include the utilization of a stacked skeletal alignment to reduce muscle fatigue, continuous flexing and extending movements to reduce impact, balancing movements which include maintaining a strong inside half and rotary movements where the turning of the leg is initiated with the femur rotating within the hip socket.

Demonstration is required of the ability to utilize forward and diagonal movements to optimize pressure and edge control throughout a series of turns; distribute weight effectively from foot to foot through flexion and extension that keep the skier stacked over the feet and/or balancing on the outside ski; utilization of rotary movements that originate in the feet and legs; movements that are gradual, progressive and continuous throughout the turn; gradual increasing and decreasing of edge angle throughout a turn through edging movements that are smooth and progressive; ability to turn both skis simultaneously and ability to develop different turn shapes for speed control; and the ability to maintain ski snow contact with both skis through stacked skeletal alignment.

Certification, Level 1 Status

NW Alpine Certification Guide (2010) 23

Level I Requirements

Alpine Certified Level I – National Standards

The following are the current (2010) PSIA Standards. These standards provide a training focus and represent a minimum competency for each level of certification. The premise of the certification standards is based upon the concepts of “levels of understanding” which define stages of learning in degrees of understanding. As certification is a measure of understanding, levels of certification represent stages of understanding. Candidates will be held to the knowledge and performance standards of the level at which they are testing as well as the criteria for all preceding levels. Certified Level I members demonstrate a solid foundation of information and experience necessary to be an effective ski teacher. The Certified Level I instructor possesses an understanding of basic skiing skills, teaching skills and professional knowledge. It is not expected that Level I candidates will have in-depth knowledge and experience in each of the areas of competence listed in these Standards. It is expected, however, that candidates will be able to show basic competence and knowledge in all of these areas. In addition, it is expected that candidates will be able to demonstrate a significant level of competency with the skiing and teaching tasks listed specifically for assessment at a Level I event.

Category A: Skiing

Level I certified teachers must be able to ski all green and groomed blue terrain demonstrating consistent balance and control of speed through turn shape. Demonstrations must display an “understandable picture” of the technical elements of Beginner/Novice zone skiing. The turn dynamics are limited by the speeds and terrain appropriate for Beginner/Novice zone skiing and tasks. The general skiing characteristics are outlined in the National Standards in the Reference and Resource chapter.

Category B: Teaching

Level I Certified teachers demonstrate a solid foundation of information and experience necessary to be an effective teacher of Beginner/Novice zone skiers. A basic understanding of how to manage the learning environment for different age and gender situations is required. PSIA-NW Alpine Certification Guide (2010)

Category C: Professional Knowledge

Professional knowledge requirements for Level I Certified teachers reflect a practical awareness of general terms and concepts and an ability to use these concepts in basic lesson situations for Beginner/Novice zone students. Decision making and lesson content will most likely follow preplanned options, with consideration for different skill development emphasis. the administration of the exam.