

ALPINE LEVEL I SKIING & TEACHING

Exam Assessment Sheet

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🗌 Pass 🚺 Fail

STICKER

A SCORE OF 4 AND ABOVE EQUALS A PASSING SCORE

- □ 6 = Essential elements appear continuously at a superior level.
- 5 = Essential elements appear frequently above required level.
 4 = Essential elements appear regularly at satisfactory level.
- 3 = Essential elements appear but not with consistency.
- □ 2 = Essential elements are beginning to appear.
- \square 1 = Essential elements were not observed or not present.

Skiing Feedback and Goals: (See back for additional information)

Teaching and Professional Knowledge Feedback and Goals: (See back for additional information)

PSIA EVALUATE AASI NORTHWEST DIVISION

ALPINE LEVEL I

Skiing, Teaching and Professional Knowledge

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 (turning, pivoting, steering) with leg rotation, separate from the upper body
- Regulate the magnitude of pressure created through ski/snow interaction

Teaching Fundamentals

- Minimize the risk in the learning environment
- Instructor models Behaviors and Communication skills that build rapport/trust with guests
- Partner with students in defining goals and clearly communicate the determined lesson plans
- Uses a logical sequence of activities to engage the group and meet stated goals
- Tailors the learning environment to a variety of audiences and situations
- Observe, analyze, and describe student's body movements and/or ski performance as related to the desired outcome
- Demonstrations accurately support the teaching outcome
- · Utilizes guided practice and feedback appropriately paced for individual needs

Professional Knowledge Fundamentals

• Communicate clear, concise, and consistent language to students by utilizing the concepts and understand the terminology found in the PSIA-AASI publications and documents

• Apply PSIA-AASI teaching concepts to create a positive learning partnership involving student makeup and instructor behavior

• Understand and explain the interdependent relationship between the skills and balance relating to the skills concept model

• Understand how different design features influence the performance of skis, boots, and bindings and their effect on skier performance and safety

Understand how basic physics concepts relate to ski/snow interaction and turn performance

• Understand basic biomechanics concepts and describe how bones, muscles and joints work together relative to the mechanics of skiing

• Knowledge of winter recreation industry pertaining to your home resort and state of the Snowsports instruction industry