

FREESTYLE SPECIALIST 1 FEEDBACK SHEET

OUTCOME Meets the standard

FEEDBACK SHEET psia-nw.org info@psia-nw.org

	Does not meet the standard

STICKER

Participation and Motivation

The participant is actively involved throughout the learning process as shown by actions and words, and represented an appropriate level of readiness and preparation for the event. The candidate demonstrated thoughtful completion of the workbook with an 80% or greater correct response rate.

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.
- \square 2 = Essential elements are beginning to appear.
- \square 1 = Essential elements were not observed or not present.

Variety and Mastery of Jump Maneuvers

Teaching Skills and Application

Group management, appropriate exercise lines and progressions, inside/out teaching, use of ATML, teaching/learning styles, safety and etiquette, accurate feedback, etc

Variety and Mastery of Half Pipe Maneuvers

Variety and Mastery of Box/Rail Maneuvers

Skiing/Riding: Skill Blending in All-Mountain Conditions

Goals for Continued Improvement

PSIA R AASI NORTHWEST DIVISION



MOVEMENT ANALYSIS and TECHNICAL KNOWLEDGE

Discuss application of the ATML model

Identify and discuss freestyle movements through the beginner/novice zone including: cause and effect relationships, speed-pop-spin, and sensory contribution

Meet the needs of students by using the PSIA-AASI teaching cycle during their lessons

Discuss safety and risk management strategies for teaching freestyle including Smart Style, appropriate terrain, and issues relating to whether and snow conditions

Describe how to create a good parent-instructor partnership

Create teaching and learning situations using visual, auditory and kinesthetic cues for all ages in the beginner/novice zone

Discuss Terrain Park design and intended use

SKIING/RIDING

The Freestyle Specialist 1 Rider will be able to perform the following at an Elementary stage:

Ability to demonstrate freestyle movement patterns based on evaluation of real movement patterns observed in the beginner/novice zone

Switch, basic skidded medium-radius turns on green terrain.

Straight airs over small natural or man-made features

Basic Spins of small jump features

Perform flatland 180s, 360s, and ollies

Ski/Ride onto and off a sliding feature and demonstrate a rotational or pressure move

At the top of the transition zone in a halfpipe or alternative transitional feature, demonstrate the ability to utilize appropriate flexion/extension movements for a halfpipe air trajectory and make an edge change near the turn apex

Alley-oop in a halfpipe or alternative transition feature

The Learning Partnership: Student Profile and Instructor Behavior

TEACHING

- Teaching concepts
 - The Teaching Cycle: PDAS
 - Class Handling

CAP Model

Learning Styles

Movement Analysis

- Freestyle movement patterns
- Cause-and-effect relationships
- Progression building

Basic Equipment Issues

Basic Safety and Risk Management

Session vs. Flow environment

- A.T.M.L.™ Model
- Smart Style
- Challenges
 - The role of the parent when teaching children
 - Anxiety, Fear

Participation in group discussions

Peer teaching in small groups demonstrating the ability to teach students of varying age in beginner/novice zones: green and groomed blue terrain, including small features in a terrain park.