



PSIA AASI

N O R T H W E S T

web: www.psia-nw.org email: info@psia-nw.org

ALPINE LEVEL I

**Skiing, Teaching &
Professional Knowledge**

A Level I instructor is able to ski all green and moderate blue terrain including mild un-groomed conditions. They can demonstrate at speeds appropriate for beginner zone skiers. Their fundamentals are present in all turn phases with some inconsistencies from one phase to another. They possess the ability to vary rate or timing on one fundamental at a time, demonstrated in various beginner zone terrain. When teaching, directions are clearly stated as they relate to general beginner zone outcomes. They can observe and describe the skiing fundamentals as performed in beginner zone tasks and situations and demonstrate the common movements used to create the desired ski performance outcomes.

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 angels 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

- 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.