



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 telemark fundamentals as performed in beginner zone tasks and situations and demonstrate the common movements used to create the desired ski performance outcomes.

Telemark Fundamentals

Lead Change: Control the size, duration, intensity, rate, and timing of the lead change to manage fore/aft stability.

Fore/Aft: Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.

Side to Side: Control the lateral relationship of the center of mass (COM) to the base of support to manage pressure from ski to ski.

Rotation: Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.

Edge: Control edge angles through a combination of inclination and angulation.

Overall Pressure: Regulate the amount of pressure created through ski/snow interaction with flexion and extension movements.

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.