PSIA Certified Level II Cross Country Skiing

ASSESSMENT FORM

☐ **Meets Standards**

☐ **Does Not Meet Standards**

Candidate:
Assessment:
Region:
Assessor(s):

Assessment Scale for Certified Level II

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

ASSESSMENT CRITERIA

Instructor Decisions & Behavior

Professionalism and Self Management: Contributes to a professional environment by managing their behaviors and emotions in response to others. (Continual Assessment)

Needs/Safety
Address group and individual needs for belonging.

Behavior Management
Manage behavioral responses.

Section Average: Must be 4 or above to meet Learning Outcome

Comments

Skiing Performance

Adjusts and adapts the XC Fundamentals to demonstrate specific outcomes for both classic and skate technique in the intermediate skill level in intermediate and some advanced terrain.

Downhill
Manage speed and change of direction on downhills. (must pass 4 or above)

Continuously Ski
20 minutes in beginner and intermediate terrain, classic or skate. (must pass 4 or above)

Downhill Assessment Activities Performed

Comments

Skiing Performance

Classic

Pushoff
Manage ski & pole push to increase speed.

Weight Transfer
Maintain the center of mass (CM) over the base of support (fore/aft and side to side).

Glide
Control the duration of ski glide.

Versatility
Show versatility in intermediate terrain.

Section Average: Must be 4 or above to meet Learning Outcome

Classic Assessment Activities Performed

Comments

Skate

Pushoff
Manage ski & pole push to increase speed.

Weight Transfer
Maintain the center of mass (CM) over the base of support (fore/aft and side to side).

Glide
Control the duration of ski glide.

Versatility
Show versatility in intermediate terrain.

Section Average: Must be 4 or above to meet Learning Outcome

Skate Assessment Activities Performed

Comments