



PSIA Certified Level III Cross Country Skiing ASSESSMENT FORM

- Meets Standards
 Does Not Meet Standards

Candidate:
Assessment:
Region:
Assessor(s):

| Assessment Scale for Certified Level III | |
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| 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 | Skiing Performance |
|--|---|
| <p>Professionalism and Self Management: Promotes a professional environment by adapting behaviors to positively affect others. (Continual Assessment)</p> <p>Needs/Safety Address group and individual needs for esteem.</p> <p>Behavior Management Adapts behaviors for positive group and individual interaction.</p> <p>Section Average: Must be 4 or above to meet Learning Outcome</p> <p>Comments</p> | <p>Classic</p> <p>Pushoff Control the power of the ski and pole push to optimize speed.</p> <p>Weight Transfer Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side).</p> <p>Glide Control optimal duration of glide.</p> <p>Versatility Demonstrate versatility in a wide variety of terrain.</p> <p>Section Average: Must be 4 or above to meet Learning Outcome</p> <p>Classic Assessment Activities Performed</p> <p>Comments</p> |
| <p>Skiing Performance</p> <p>Demonstrates mastery of the XC Fundamentals in both classic and skate technique to demonstrate specific outcomes through the advanced skill level in a wide variety of terrain.</p> <p>Downhill Optimize speed and change of direction on downhills. (must pass 4 or above)</p> <p>Continuously Ski 30 minutes in a wide variety of terrain, classic or skate. (must pass 4 or above)</p> <p>Downhill Assessment Activities Performed</p> <p>Comments</p> | <p>Skate</p> <p>Pushoff Control the power of the ski and pole push to optimize speed.</p> <p>Weight Transfer Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side).</p> <p>Glide Control optimal duration of glide.</p> <p>Versatility Demonstrate versatility in a wide variety of terrain.</p> <p>Section Average: Must be 4 or above to meet Learning Outcome</p> <p>Skate Assessment Activities Performed</p> <p>Comments</p> |