



***Professional Ski Instructors of America***

***Telemark Skiing Technical Skills Performance Guide***

*Level I, Level II, Level III*

## INTRODUCTION

The PSIA Telemark Skiing Technical Skills Performance Guide (PG) is a resource that supports the PSIA National Standards, serving as the connection between the National Standards and certification training and assessment. The performance guide is designed to maintain transparency and assure consistency of all certification standards levels. It exists as a key resource for both instructors and evaluators to reference when training and assessing the skill sets necessary for a certified snowsports professional.

### **Format**

The Performance Guide enhances the details of the Assessment Criteria (AC) for each Learning Outcome (LO) in Professionalism and Self-Management, and People, Teaching, and Technical Skills at each level of certification. Assessment Criteria specify performance details, and to what level the Learning Outcomes have been met. The PG describes the successful and unsuccessful Performance Contributors used to measure and assess an instructor's ability to satisfy the ACs and LO. The Performance Contributors provide details of objective measurements for each AC. In addition, the PG presents assessment activity (AA) descriptions and examples of assessment activities utilized during the assessment process.

### **Use**

Available to all PSIA-AASI members, the PG is a tool for training and certification assessments, to guide clear and transparent feedback during certification preparation and assessment. Instructors preparing for an assessment can use the PG to understand what is expected of them to achieve the Learning Outcomes. The Performance Guide refers to and is complemented by multimedia resources, including PSIA-AASI manuals, e-Learning courses, and example assessment activity descriptions and videos. These resources are provided to aid instructors when preparing for an assessment.

### **Assessment Form**

Certification assessments use the same assessment form which directly refers to the National Standards and Performance Guide. Competence is determined by how well an instructor accomplishes the Learning Outcomes as described by the ACs. Each AC is measured on a 6-point scale. The score represents an instructor's ability to demonstrate the essential elements, described as successful performance contributors, of the AC. Instructors in an assessment must score the essential elements regularly and at a satisfactory level across all ACs to achieve the LO.

### **Living and Evolving Document**

Performance Guides are living and evolving documents which are continually improved as feedback and suggestions are received throughout the assessment process. The PG will additionally evolve as qualifications and competencies change in a dynamic snowsports learning environment.

**Learning Outcome:** A Level I instructor applies a blend of the Telemark Skiing Fundamentals to demonstrate specific outcomes in beginner and intermediate terrain.

LO is assessed upon the instructor's ability to apply a blend of fundamentals, showing the ability to vary one or more of them through any phase of the turn to:

Reproduce specific ski performances with moderate accuracy.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Applies ski performances that fall within the parameters of the given assessment activity.	Performances fall outside the parameters of the given assessment activity.
Adjusts CM fore/aft and side to side to vary ski performance to meet desired outcomes.	CM is too far forward to control the rear ski, or too far back or inside to adequately steer, tip, and pressure the skis.
Adjusts the ski performance to show varying degrees of sliding, slipping, and skidding.	Unable to adjust the application of at least one fundamental to demonstrate variations between sliding, slipping, skidding.
Demonstrates the ability to simultaneously release ski edges, as well as simultaneously reengage ski edges.	Sequential steering and/or edging movements result in skis not maintaining a parallel relationship.
Demonstrates the ability to maintain a parallel relationship of the skis in both a telemark and Alpine turn.	

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can reproduce specific ski performances with moderate accuracy:

#### **Traverse, Alpine and/or Telemark Stance**

Skis maintain a consistent edge and direction to allow travel straight across the slope.

#### **Diagonal Sideslip, Alpine and/or Telemark Stance**

Skis are tipped and pressured to allow skis to travel diagonally, down and across the slope.

**Learning Outcome:** A Level I instructor applies a blend of the Telemark Skiing Fundamentals to demonstrate specific outcomes in beginner and intermediate terrain.

LO is assessed upon the instructor's ability to apply a blend of fundamentals, showing the ability to vary one or more of them through any phase of the turn to:

Reproduce a selected turn size, shape, and speed.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Demonstrates the ability to ski a turn size that falls within the parameters of the given assessment activity.	Turn size, and/or shape and don't meet the parameters of the assessment activities .
Demonstrates the ability to control speed through turn shape.	Speed is controlled primarily through braking movements, resulting in excessive skidding, or skis breaking loose.
Skis at a speed that is appropriate for demonstration purposes and demonstrates the ability to maintain a constant speed through a series of turns or other assessment activities.	Speed is either too fast (runaway acceleration), too slow (loss of momentum), or inappropriate for the assessment activity.
Initiates steering movements with the legs and feet.	Turning movements originate in the upper body, causing over-steering or lack of directional control.
Demonstrates steering the skis through small, medium, and large radius turns, as well as a pivoted turn.	Unable to show versatility by demonstrating different size turns and different variations of round and pivoted lines.

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can reproduce a selected turn size, shape, and speed:

#### **Basic Telemark Turns**

Skis travel through a series of medium radius round turns performed at a slow to moderate demonstration speed.

#### **Synchronized Skiing**

Skis match the turn size, shape, and speed of the skier ahead of you to make your turns in unison with theirs.

**Learning Outcome:** A Level I instructor applies a blend of the Telemark Skiing Fundamentals to demonstrate specific outcomes in beginner and intermediate terrain.

LO is assessed upon the instructor's ability to apply a blend of fundamentals, showing the ability to vary one or more of them through any phase of the turn to:

Demonstrate a functional telemark stance and movement.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Demonstrates the ability move the CM fore/aft to change the weight distribution from one foot to the other.	The rear foot is not weighted enough to provide balance and improve stability and to bend the bellows of the rear boot.
Applies and maintains enough forward pressure on the trailing foot to effectively bend the bellow of the trailing boot.	Telemark stance is either too long or too short (fore/aft) to effectively manage the other skills.
Demonstrates a telemark stance where the feet are split fore/aft with approximately one foot length in between the front and rear foot. This is demonstrated while static, sliding in motion, and from turn to turn.	Unable to time lead change movements with edge change movements.
Demonstrates the ability to make small changes in the timing of the lead change (feet passing at turn initiation vs feet passing in the fall line).	Movement into the telemark stance creates a loss of balance and diminishes stability.
Uses the telemark stance to improve balance and stability.	

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can perform a functional telemark stance or movement:

#### **Telemark Shuffle Traverse**

Shuffle feet back and forth from one telemark stance to the next while traversing in a straight line across the slope.

#### **Monomark Turns**

Maintain one telemark stance while linking a series of turns.

**Learning Outcome:** A Level I instructor uses current PSIA telemark resources to describe elements of ideal performances, addressing the telemark fundamentals separately.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Describe ideal performances, referencing at least one of the telemark skiing fundamentals in any turn phase in the beginner/novice zone.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Identifies and isolates the fundamental being described.	Unable to reference fundamentals or isolate a fundamental.
Identifies the places/phase in the turn where the fundamental is being described.	Description is general and not specific to turn phases.
References both the ski performance and the body performance.	Fails to reference both ski performance and body performance.
References turn size, shape, speed, DIRT, etc. in the description and as needed relative to the chosen fundamental.	Description is inaccurate, vague or unclear.

Reference biomechanics and physics principles relevant to skiing outcomes.	
Successful Performance Contributors	Unsuccessful Performance Contributors
References fundamentals using biomechanically accurate descriptions.	Descriptions are biomechanically inaccurate.
Articulates causes (often body performance) and effects (often ski performance) with descriptions grounded in physics.	Physics principles are referenced inaccurately.
Describes ski performances and related snow interactions with descriptions grounded in physics.	Physics and biomechanics principles do not accurately describe the performance observed.

**Learning Outcome:** A Level I instructor uses current PSIA telemark resources to describe elements of ideal performances, addressing the telemark fundamentals separately.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Accurately discuss how equipment choices and issues affect performance and safety in the beginner/novice skier zone.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Makes general comments about ski length/width, boot size/fit, boot type (plastic, leather, intended use), binding type, etc.	Unaware of equipment issues and differences.
Relates equipment choices to safety and performance on a basic level.	Lacks understanding of differences in equipment and/or how differences might affect performance or safety.

Use Level I-specific information from current PSIA resources relative to the desired outcome.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Discusses skiing performance using PSIA specific terminology referenced from the Learning Connection Model, the Telemark Skiing Fundamentals/Skills, this document and associated references materials.	Confuses terminology or uses terminology inaccurately.
Accurately explains telemark skiing performances using easy to understand language and terminology.	Has difficulty integrating terminology into easily understood descriptions.
Explains concepts logically so that they may be easily understood.	Explanations are difficult to understand.
	Explanations are inaccurate or do not relate to desired outcome.
	Cannot reference PSIA specific materials or terminology.

**Assessment Activities**

Technical Understanding assessment criteria may be demonstrated and assessed in various on-snow and/or off-snow assessment activities including group discussions, Q&A sessions, E-Learning courses, and written tests. These assessment activities create opportunities for the candidates to demonstrate their technical understanding as related to their personal skiing performance or desired outcome.

**Learning Outcome:** A Level I instructor articulates an accurate cause-and-effect relationship between body and ski performance within any single telemark fundamental in a specific turn phase to offer a relevant prescription for change.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Observe and describe ski and body performance in one fundamental in one phase of the turn.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Identifies and isolate the fundamental being described.	Unable to limit the description to a single fundamental or mixes fundamentals in description.
Identifies the place/phase in the turn being described.	Cannot be specific as to where in the turn the description is taking place.
Separately identifies both the ski and the body performance.	Description is inaccurate.

Identify and describe the cause-and-effect relationships between body performance and ski performance for one fundamental in one turn phase.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Maintains the ability to stay within a single fundamental.	Mixes fundamentals or fluctuates between fundamentals.
Describes the direct connection of how the body is causing the ski to perform.	Connection between the body movement cause and the effect on the skis is inaccurate, unclear or vague.
Describes an effect that occurs in the same phase as the described body movement.	Effect on the skis will not occur as a result of the body movement described.
	Body movement described does not cause the effect described in the chosen turn phase.

**Learning Outcome:** A Level I instructor articulates an accurate cause-and-effect relationship between body and ski performance within any single telemark fundamental in a specific turn phase to offer a relevant prescription for change.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Compare a described performance to the ideal and prescribe a specific change in one fundamental.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Compares the described performance to a more ideal performance, noting significant differences in body and ski performance in one fundamental.	Description of the ideal is inaccurate, vague or unclear.
Describes specific changes in body movements and the effect on the skis, citing one fundamental.	Changes in body movements will not result in the desired change in ski performance.
	Changes in body movements will not result in a more ideal result.
	Unable to stay within a single fundamental.

Observe and describe how equipment choices and issues affect performance and safety.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Makes general comments about boots, bindings and skis.	Unaware of basic differences in equipment; boots (plastic, leather, NTN), bindings (duckbill, NTN), ski length/width.
Makes general comments about observed and “obvious” equipment choices; ski length, boot size, etc.	Unaware or unable to explain the effect of equipment on performance and safety at a basic level.
Relates equipment choices to safety and performance on a basic level.	Does not observe and/or describe “obvious” equipment issues; boots improperly sized/buckled, outdated equipment, duckbills on the incorrect skis, etc.

**Assessment Activities**

Movement Analysis assessment criteria may be demonstrated and assessed through conversations, written tests, and feedback sessions based on observations of the general public, personal skiing, peer-to-peer activities, and video analysis. Candidates can expect to provide information and answer questions for each of the assessment criteria in reference to the skier being analyzed or to the desired outcome in the beginner/novice zone.

**Learning Outcome:** A Level II instructor adjusts the blend of Telemark Skiing Fundamentals and tactics to demonstrate specific outcomes in intermediate and advanced terrain.

LO is assessed upon the instructor's ability to adjust a blend of fundamentals with the ability to vary three or more through all phases of the turn to:

Demonstrate specific ski performances with high accuracy.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Applies ski performances that fall within the parameters of the given assessment activity.	Ski performances fall outside the parameters of given assessment activity.
Adjusts the CM fore/aft and side to side to vary ski performance to meet desired outcomes and assessment activity parameters.	CM is too far forward resulting in loss of edge engagement of the rear ski.
Adjusts the ski performance to show varying degrees of sliding, slipping, skidding, carving, and pivoting.	CM is too far inside or too far back resulting in late edge engagement that happens at or after the fall line.
Demonstrates the ability to simultaneously release ski edges, as well as simultaneously engage the new edges before the fall line.	Unable to adjust the application of at least three fundamentals to demonstrate variations between sliding, slipping, skidding, carving, and pivoting.

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can demonstrate specific ski performances with high accuracy:

#### **Uphill Arcs, Alpine and/or Telemark Stance**

Skis are tipped up on edge to leave two clean carved tracks while arcing across the hill (from slightly downhill at the start to slightly uphill at the end)

#### **Pivot Slips, Alpine and/or Telemark Stance**

Skis are rotated under the feet (or between two feet in a telemark stance) into and out of the fall line, in a pivoted motion. They are tipped and pressured to allow the skis to slip laterally down the fall line

**Learning Outcome:** A Level II instructor adjusts the blend of Telemark Skiing Fundamentals and tactics to demonstrate specific outcomes in intermediate and advanced terrain.

LO is assessed upon the instructor's ability to adjust a blend of fundamentals with the ability to vary three or more through all phases of the turn to:

Demonstrate a variety of turn sizes, shapes, and speeds as directed and in response to changes in environment.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Demonstrates the ability to ski a turn size that falls within the parameters of the given assessment activity.	Turn size and shape are unintentionally inconsistent and do not meet the parameters of the assessment activity.
Demonstrates the ability to reduce speed for demonstration purposes (primarily through adjusting turn shape) and increase speed to show dynamic skiing (often by reducing skidding).	Speed is too slow to show dynamic skiing (where skis bend into an arc).
Manages the amount of upper and lower body separation to match desired turn size and direction of travel.	The amount of upper and lower body separation is mismatched for the size of turn or for the intended direction of travel.
Makes steering adjustments to create skidded and/or carved turns of any radius, as well as variations of pivots.	Changes in terrain and snow conditions disrupt the skier's ability to manage their turn size, shape, and speed.
Uses pressure control movements to manage changes in terrain and snow conditions.	

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can demonstrate a variety of turn sizes, shapes, and speeds:

#### **Rhythm Changes (Short Radius to Medium Radius Turns), Alpine or Telemark Stance**

Skis are steered through a series of short radius turns and then switch to medium radius without interrupting overall flow, may be repeated (back to short radius)

#### **Basic Telemark in the Bumps**

Skis are steered through a series of medium radius round turns performed at a slow to moderate demonstration speed. Turn size, shape, and speed are consistent regardless of terrain changes

**Learning Outcome:** A Level II instructor adjusts the blend of Telemark Skiing Fundamentals and tactics to demonstrate specific outcomes in intermediate and advanced terrain.

LO is assessed upon the instructor's ability to adjust a blend of fundamentals with the ability to vary three or more through all phases of the turn to:

Perform a functional telemark movement that complements the desired ski performance and turn outcome.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Directs the movement of the CM to adjust pressure fore/aft and from foot to foot in most terrain and snow conditions.	Foot to foot pressure is not adjusted as terrain changes resulting in instability.
Utilizes the telemark stance to manage balance in response to turning forces and terrain changes.	The rear foot is not weighted enough to promote balance and improve stability.
Demonstrates the ability to time the movement in and out of the telemark stance to assist with edge release and engagement.	Unable to change the timing and intensity of the lead change to different phases of the turn and in conjunction with the other skills.
Manages the overall magnitude of pressure with the movement from one telemark stance to the next.	Unable to apply variations of stance length to match the desired ski performance and turn outcome.
Demonstrates multiple lead change variations (rear foot forward, front foot back, scissor) and applies them at different times in the turn with varying levels of intensity.	
Demonstrates a variety of telemark stance lengths (fore/aft) in response to ski performance and desired turn outcome.	

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can perform a functional telemark movement that complements the desired ski performance:

#### Delayed Lead Change

Skis are steered through a series of medium radius round turns. The fore/aft movement of the skis through the lead change is delayed until the skis have entered the shaping phase of the turn.

#### Telemark Shuffle Turns

Skis are shuffled fore/aft from one telemark stance to the next while traveling through a series of long radius turns.

**Learning Outcome:** A Level II instructor uses current PSIA resources to describe ideal performances, using two or more telemark fundamentals while considering tactics and equipment choices.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Accurately identify and describe ideal performances, using two or more telemark fundamentals through the intermediate zone.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Identifies and isolates the two (or more) fundamentals being described.	Unable to reference fundamentals, mixes fundamentals or cites fundamentals inaccurately.
Identifies the places/phase in the turn where the fundamentals are being described.	Description is general and not specific to turn phases.
References both the ski performance and the body performance.	Fails to reference both ski performance and body performance.
References turn size, shape, speed, DIRT, etc., in the description and as needed relative to the chosen fundamentals.	Description is inaccurate, vague or unclear.

Accurately reference relevant biomechanics and physics principles to describe the skiing outcomes.	
Successful Performance Contributors	Unsuccessful Performance Contributors
References fundamentals using biomechanically accurate descriptions.	Descriptions are biomechanically inaccurate.
Articulates the causes and effects in body and ski performance with descriptions grounded in physics.	Physics principles are referenced inaccurately.
Describes ski performance and related snow interactions with descriptions grounded in physics.	Physics and biomechanics principles do not accurately describe the performance observed.
Uses accurate technical biomechanics and physics terminology as needed.	Technical physics and biomechanical terms are inaccurate and/or do not coincide with “lay” terminology.

**Learning Outcome:** A Level II instructor uses current PSIA resources to describe ideal performances, using two or more telemark fundamentals while considering tactics and equipment choices.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Accurately discuss how equipment choices and issues affect performance through the intermediate zone.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Makes specific comments about ski type/length/width, boot size/fit, boot type (plastic, leather, intended use), binding type, etc.	Unaware of equipment issues and differences.
Relates equipment choices to performance in various types of terrain as well as tactical decisions.	Lacks understanding of differences in equipment and/or how differences might affect performance.
	Lacks understanding of equipment in general as well as developments in equipment.

Use information from multiple PSIA-AASI resources in relation to the desired outcome.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Uses current PSIA specific terminology to describe and evaluate personal performance.	Confuses terminology or uses terminology inaccurately.
Accurately explains telemark skiing performances using easy to understand language and terminology.	Has difficulty integrating terminology into easily understood descriptions
Uses current PSIA terminology to efficiently discuss personal performance and desired outcomes.	Explanations are difficult to understand.
Explains concepts logically so that they may be easily understood.	Explanations are inaccurate or do not relate to desired outcome or personal performance.
	Cannot reference PSIA specific materials or terminology.

**Assessment Activities**

Technical Understanding assessment criteria may be demonstrated and assessed in various on-snow and/or off-snow assessment activities including group discussions, Q&A sessions, E-Learning courses, and written tests. These assessment activities create opportunities for the candidates to demonstrate their technical understanding as related to their personal skiing performance or desired outcome.

**Learning Outcome:** A Level II instructor articulates accurate cause-and-effect relationships of at least two telemark fundamentals through all phases of the turn, resulting in an effective prescription for change.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Observe and describe ski and body performance, relative to two or more telemark fundamentals in all turn phases and from turn to turn.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Identifies, isolates, and describes two different fundamentals.	Unable to stay within one fundamental (at a time) when describing body and ski performance.
Clearly communicates both the body and ski performance relative to the fundamentals described.	Cannot describe similarities or differences in body and ski performance from phase to phase or from turn to turn.
Specifies where in the turn (phase) the body and ski performance is occurring.	Communication of body and ski performance is inaccurate, vague or unclear.
Describes differences observed in body and ski performance from turn to turn.	Only one fundamental is described.

Identify and describe the cause-and-effect relationships between body performance and ski performance for at least two telemark fundamentals in all turn phases and from turn to turn.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Clearly communicates the fundamental observed and remains within the fundamental when describing the cause-and-effect relationship between body and ski performance.	Mixes fundamentals or fluctuates between fundamentals when describing cause-and-effect relationships.
Specifies as to where in the turn (phase) the described cause-and-effect relationship is occurring.	Cause-and-effect relationships between the body movement and the skis are inaccurate, unclear or vague.
Identifies differences in the cause-and-effect relationship from phase to phase and from turn to turn.	Effect on the skis will not occur as a result of the body movements described.
	Body movements described do not cause the effect described in the specified turn phase.
	Turn phases are not specified or turn to turn differences are not referenced.

**Learning Outcome:** A Level II instructor articulates accurate cause-and-effect relationships of at least two telemark fundamentals through all phases of the turn, resulting in an effective prescription for change.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Compare the described performance to the ideal and prescribe a specific change to the observed fundamentals to create a more ideal performance.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Compares the described performance to a more ideal performance noting significant differences in body and ski performance in two different fundamentals.	Description of the ideal is inaccurate, vague or unclear.
Describes specific changes in body movements and the effect on the skis in two different fundamentals.	Changes in body movements will not result in the desired change in ski performance.
Describes how the changes will occur through multiple phases and from turn to turn.	Changes in body movements will not result in a more ideal outcome.
	Unable to stay within a fundamental when describing changes; changes in one fundamental are incorrectly described as causing changes in another fundamental.
	Changes described are vague, unclear or nonspecific.

Relate how equipment choice affects skiing outcomes.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Makes specific comments about boots, bindings and skis.	Fails to recognize the differences in equipment; boots (plastic, leather, NTN), bindings (duckbill, NTN), ski length/width.
Makes specific comments about “obvious” equipment choices; ski length, boot size, boot/ binding type, etc.	Unable to explain the effect of equipment on performance, outcome, terrain, etc.
Relates equipment choices to specific skiing outcomes and performance.	Does not observe and/or describe “obvious” equipment issues; boots improperly sized/buckled, outdated equipment, duckbills on the incorrect skis, etc.
Recognizes “obvious” equipment issues and their relation to performance; ski length/width, boot/binding type (leather, NTN, etc.), boot sizing, etc.	

**Assessment Activities**

Movement Analysis assessment criteria may be demonstrated and assessed through conversations, written tests, and feedback sessions based on observations of the general public, personal skiing, peer-to-peer activities, and video analysis. Candidates can expect to provide information and answer questions for each of the assessment criteria in reference to the skier being analyzed or to the desired outcome through the intermediate zone.

**Learning Outcome:** A Level III instructor adapts a blend of the Telemark Skiing Fundamentals and tactics to generate specific outcomes through the advanced zone.

LO is assessed upon the instructor's ability to adapt a blend of all the telemark fundamentals with the ability to vary each through all phases of the turn to:

Generate specific ski performances with peak accuracy.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Applies ski performances that fall within the parameters of the given assessment activity.	Ski performances fall outside the parameters of the given assessment activity.
Adjusts the CM fore/aft along the length of the skis and side to side (from ski to ski) to generate optimal ski performance.	Dynamic skiing, particularly carving, is not present when required.
Manages all fundamentals to link dynamic Telemark and Alpine turns in most to all conditions.	Edge engagement is delayed resulting in brushed (rather than carved) tracks in the initiation phase.
Demonstrates the ability to release edges in unison at turn initiation and immediately reengage the new edges.	Rebound (pop, energy) from the skis is absent or does not aid in turn transition.
Manages pressure control movements to bend and unbend the skis in order to create dynamic rebound.	Edge control is not applied with peak accuracy through the combination of inclination and angulation, leading to loss of grip.
Demonstrates the ability to use varying combinations of inclination and angulation in conjunction with upper body/lower body separation, and adjusts the combinations to create desired ski performances.	

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can generate specific ski performances with peak accuracy:

#### Railroad Track Alpine and/or Telemark Turns

Skis are tipped and edged through a series of medium radius turns where two clean tracks are left in the snow.

#### Switch Turns, Alpine and Telemark Turns

Skis are steered and pressured to move through a series of medium radius turns while traveling backwards.

**Learning Outcome:** A Level III instructor adapts a blend of the Telemark Skiing Fundamentals and tactics to generate specific outcomes through the advanced zone.

LO is assessed upon the instructor's ability to adapt a blend of all the telemark fundamentals with the ability to vary each through all phases of the turn to:

Generate a variety of turn sizes, shapes, and speeds, at will and on demand, adapting to environmental factors as needed.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Demonstrates the ability to ski a turn size, shape, and line that fall within the parameters of the given assessment activity.	Turn size, speed, and shape are inconsistent and/or do not meet the parameters of the assessment activity.
Increases and decreases speed at will and as directed through a variety of mechanisms (turn shape, terrain use, absorption, skidding, etc.).	Terrain variations disrupt the skiers ability to maintain dynamic skiing.
Actively changes the blend of all six fundamentals in any phase of the turn, in any condition, to generate variations in turn size, shape, and speed.	Unable to adapt the blend of all six fundamentals in response to changing terrain and conditions in order to generate specific ski performances.
Applies accurate pressure control movements to maintain dynamic skiing regardless of terrain and snow conditions.	Unable to adjust the DIRT of movements to meet the demands of the terrain, conditions, and desired turn outcome.

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can generate a variety of turn sizes, shapes, and speeds:

#### **Short Radius to Pivot Slips**

Skis are steered through a series of short radius turns and then switch to a series of linked pivot slips, may be repeated (back to shorts).

#### **Lane Changes, Alpine and Telemark Stance**

Skis are steered through a series of short radius turns, followed by a medium turn to change lanes (from one cat-width corridor to another), may be repeated (back to the initial lane).

**Learning Outcome:** A Level III instructor adapts a blend of the Telemark Skiing Fundamentals and tactics to generate specific outcomes through the advanced zone.

LO is assessed upon the instructor's ability to adapt a blend of all the telemark fundamentals with the ability to vary each through all phases of the turn to:

Perform a dynamic telemark movement that helps create the desired ski performance and turn outcome.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Manages the CM to adjust pressure fore/aft and from foot to foot regardless of terrain and snow conditions.	Terrain and snow conditions disrupt the skiers ability to manage fore/aft and lateral pressure.
Changes the size, timing, and intensity of the lead change to create and enhance specific ski performances and desired outcomes.	Terrain changes disrupt the skiers ability to manage the size, timing, and intensity of the lead change.
Performs any variation of lead change (rear foot forward, front foot back, scissor) in any turn or condition.	Unable to perform a variety of lead changes; the DIRT of movements is not adapted to show variations.
Uses the telemark movement to effectively manage pressure between the skis and the snow (absorb, extend, hop, etc.).	The magnitude of pressure between the skis and the snow is not effectively managed through use of the telemark movement, resulting in loss of balance or control.

### Assessment Activities

The following example assessment activities may be used to determine if a candidate can perform a dynamic telemark movement that assists in creating the desired ski performance:

#### **Jump Entry Telemark Turns (Leapers)**

Both skis leave the snow at turn initiation. The skier changes edges and lead while airborne. Direction change occurs after both skis are back on the snow.

#### **Telemark Bumps**

Skis are pressured, tipped, and steered in order to manage terrain, select bump line, and maintain rhythm and flow.

**Learning Outcome:** A Level III instructor references current and historic PSIA resources and information to evaluate ideal performances, using the telemark fundamentals and considering tactics and equipment choices.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Accurately identify and describe ideal performances, using telemark fundamentals in blended relationships through the advanced zone.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Identifies and isolates the fundamentals being referenced and described.	Unable to reference fundamentals, mixes fundamentals or cites fundamentals inaccurately.
Identifies the places/phase in the turn where the fundamentals are being described.	Description is general and not specific to turn phases.
References both the ski performance and the body performance.	Fails to reference both ski performance and body performance.
References turn size, shape, speed, DIRT, etc. in the description and as needed relative to the chosen fundamentals.	Description is inaccurate, vague or unclear.

Accurately discuss telemark fundamentals, tactical choices and equipment options using relevant biomechanics and physics principles.	
Successful Performance Contributors	Unsuccessful Performance Contributors
References fundamentals using biomechanically accurate descriptions.	Descriptions are biomechanically inaccurate.
Articulates causes and effects of body and ski performance with descriptions grounded in physics.	Physics principles are referenced inaccurately.
Describes ski performance and related snow interactions with descriptions grounded in physics.	Physics and biomechanics principles do not accurately describe the performance observed.
Discusses tactical choices and equipment options with respect to biomechanics and physics.	Technical physics and biomechanical terms are inaccurate and/or do not coincide with “lay” terminology.
Inserts accurate technical biomechanics and physics terminology as requested and as needed.	Unable to reference technical biomechanics and physics terminology and/or terminology is inaccurate, vague, or confusing.

**Learning Outcome:** A Level III instructor references current and historic PSIA resources and information to evaluate ideal performances, using the telemark fundamentals and considering tactics and equipment choices.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Accurately compare how equipment choices and issues affect performance through the advanced zone.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Compares different ski types and characteristics (length/width, flex, sidecut/ dimensions) relative to performance.	Unaware of equipment issues and differences.
Describes different boot/binding setups relative to performance.	Lacks understanding of differences in equipment and/or how differences might affect performance.
Compares equipment choices to performance in various types of terrain and with various tactical choices.	Unable to speak to changes in equipment, developments in equipment or how various types of equipment can affect performance.

Accurately compare information from multiple resources (PSIA telemark and other relevant content) relative to personal performance or the desired outcome.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Uses current and historical PSIA specific terminology to describe and evaluate personal performance and desired outcomes.	Confuses terminology or uses terminology inaccurately.
Accurately explains telemark skiing performances using easy to understand language and terminology.	Has difficulty integrating terminology into easily understood descriptions.
Compares and uses terminology from PSIA and other relevant sources to describe and explain Telemark skiing, personal performance and other desired outcomes.	Explanations are difficult to understand.
Explains concepts logically so that they can be easily understood.	Explanations are inaccurate or do not relate to desired outcome or personal performance.
	Cannot reference PSIA specific materials or terminology.
	Cannot reference or compare information from various sources.
	Has limited or no knowledge outside of PSIA specific sources.

**Assessment Activities**

Technical Understanding assessment criteria may be demonstrated and assessed in various on-snow and/or off-snow assessment activities including group discussions, Q&A sessions, E-Learning courses, and written tests. These assessment activities create opportunities for the candidates to demonstrate their technical understanding as related to their personal skiing performance or desired outcome.

**Learning Outcome:** A Level III instructor describes telemark skiing performances, citing cause-and-effect relationships of multiple telemark fundamentals in all turn phases, resulting in an effective prescription for change.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Accurately observe and describe ski and body performance relative to multiple telemark fundamentals in all turn phases, and from turn to turn.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Identifies, isolates, and describe multiple different fundamentals as needed.	Unable to explain the blending of the fundamentals when describing body and ski performance.
Clearly communicates both the body and ski performance relative to the fundamentals described.	Cannot describe similarities or differences in body and ski performance from phase to phase or from turn to turn.
Specifies where in the turn (phase) the body and ski performance is occurring.	Communication of body and ski performance is inaccurate, vague or unclear.
Describes differences observed in body and ski performance from turn to turn.	Descriptions are not specific relative to phases or from turn to turn.
	Descriptions are limited and/or fundamentals are skipped (not described).

Accurately observe and connect body performance to ski performance in multiple telemark fundamentals in all turn phases, and from turn to turn.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Clearly communicates the fundamental observed and remain within the fundamental when describing the cause-and-effect relationship between body and ski performance.	Mixes fundamentals or fluctuates between fundamentals when describing cause-and-effect relationships.
Specifies where in the turn (phase) the described cause-and-effect relationship is occurring.	Cause-and-effect relationships between the body movement and the skis is inaccurate, unclear or vague.
Identifies differences in the cause-and-effect relationship from phase to phase and from turn to turn.	Effect on the skis will not occur as a result of the body movements described.
	Body movements described do not cause the effect described in the specified turn phase.
	Turn phases are not specified or turn to turn differences are not referenced.

**Learning Outcome:** A Level III instructor describes telemark skiing performances, citing cause-and-effect relationships of multiple telemark fundamentals in all turn phases, resulting in an effective prescription for change.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Accurately observe and describe the cause-and-effect relationships between multiple telemark fundamentals in all turn phases, and from turn to turn.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Clearly communicates the fundamentals observed and remain within the fundamentals when describing the cause-and-effect relationship between fundamentals.	Does not remain within the chosen fundamentals when describing cause-and-effect relationships.
Articulates how ski performance in one skill affects ski performance in another and how body performance in one fundamental affects body performance in another.	Cause-and-effect relationships between fundamentals are inaccurate, unclear or vague.
Specifies where in the turn (phase) the described cause-and-effect relationships are occurring.	Effect on one fundamental is not caused by the second fundamental referenced.
Identifies differences in the cause-and-effect relationship from phase to phase and from turn to turn.	Turn phases are not specified or turn to turn differences are not referenced.

Compare the observed performance to the ideal and prescribe specific changes and/or blending of the Telemark fundamentals, using DIRT (duration, intensity, rate, and timing) to create a more ideal outcome.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Compares the described performance to a more ideal performance noting significant differences in body and ski performance in multiple fundamentals/ skills.	Description of the ideal is inaccurate, vague, unclear or limited
Describes specific changes in body movements and the effect on the skis in multiple fundamentals.	Changes in body movements will not result in the desired change in ski performance.
Describes how changes in one fundamental will facilitate changes in another fundamental(s).	Changes in body movements or ski performance will not result in a more ideal outcome.
Describes how the changes will occur through multiple phases and from turn to turn.	Unable to stay within a fundamental when describing body to ski cause-and-effect relationships.
	Unable to identify cause-and-effect relationships between fundamentals.
	Changes described are vague, unclear or nonspecific.

**Learning Outcome:** A Level III instructor describes telemark skiing performances, citing cause-and-effect relationships of multiple telemark fundamentals in all turn phases, resulting in an effective prescription for change.

LO is assessed upon the instructor’s ability to consistently demonstrate the following criteria:

Evaluate the relationship of a student’s tactical choices and equipment selection to a more ideal/ desired outcome.	
Successful Performance Contributors	Unsuccessful Performance Contributors
Makes specific comments about boots, bindings, and skis.	Does not recognize differences in equipment; boots (plastic, leather, NTN), bindings (duckbill, NTN), ski length/width.
Makes specific comments about the observed equipment and its effect on performance.	Unable to explain the effect of equipment on performance, outcome, terrain, etc.
Makes specific comments about “obvious” equipment choices; ski length, boot size, boot/ binding type, etc.	Does not observe and/or describe “obvious” equipment issues; boots improperly sized/buckled, outdated equipment, duckbills on the incorrect skis, etc.
Relates equipment choices to specific skiing outcomes and performance.	Does not articulate tactical choices to create a more ideal/desired outcome.
Articulates the relationship between equipment choices and tactical choices.	
Articulates tactical choices to help create a more ideal/desired outcome.	

**Assessment Activities**

Movement Analysis assessment criteria may be demonstrated and assessed through conversations, written tests, and feedback sessions based on observations of the general public, personal skiing, peer-to-peer activities, and video analysis. Candidates can expect to provide information and answer questions for each of the assessment criteria in reference to the skier being analyzed or to the desired outcome through the advanced zone.