



PSIA-Western Division

Custom 4-day L1 Prep

Course Name: 4-day L1 Prep

Discipline: Alpine

Time: 4 days

Environment: Beginner through easy intermediate terrain

Prerequisites: Registered membership and review of resources listed on page 2

**See the PSIA-W L1 Study Guide for specific prerequisites*

Course Description:

The Level 1 (4-day) certification preparation event was developed by PSIA-W education staff to train new instructors on the basic competencies for Level 1 Certification. Participants will learn how to plan, develop, and deliver lessons for skier's levels 1-4 along with demonstrating technical accuracy in skiing performance areas as outlined in the L1 Western Division Study Guide.

Learning Experiences:

- Participants will practice how to use the Teaching/Learning Cycle including how to develop progressions for adults/children, and how to identify and address common problems.
- Participants will become familiar with the Learning Connection and develop a basic understanding of the fundamentals for Teaching, People, and Technical skills.
- Participants will use personal skiing development along with practicing common demonstrations for guests and technical competencies, to learn about the Skills Concept and Alpine Technical Fundamentals.
- Participants will review and learn how to use the model for conducting movement analysis as it applies to personal technical skills and skiers in the beginner zone.

4-day – Custom Level 1 Preparation Resources

Certification Study Guides:

The Level 1 Certification Study Guide can be downloaded from the Western Division website at:
<https://drive.google.com/drive/folders/0BxAicmt2rVf2VIFKbFk0dXRaSW8>

Manuals: <https://www.thesnowpros.org/education/digitalmanuals>

Visit the National website for digital, audio, and print manuals. Nationwide curriculum for education and certification is currently referenced in the [Teaching Snowsports Manual and the Alpine Technical Manual](#). Older manuals continue to be excellent resource material.

Guide for New Instructors:

https://www.thesnowpros.org/Portals/0/Documents/Education/PSIAAASI_GuideForNewInstructors.pdf?ver=2019-05-17-131341-730×tamp=1558120511319

Online Learning Modules:

The National website has an area dedicated to **E-Learning** <https://lms.thesnowpros.org/>

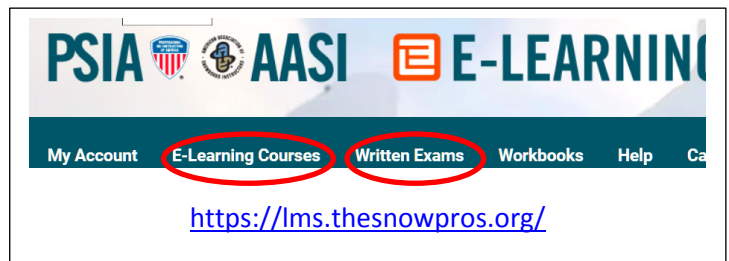
- From this page the following areas can be accessed:
- E-Learning Free & Paid Courses, Level 1 Written Exams, The Matrix, Workbooks.

PSIA-AASI's E-Learning site is a new resource for learning about all things snowsports education and training related. From becoming an instructor to learning about how to tune your equipment, the courses offered in our Learning Management System (LMS) will enhance your role as a pro.

The [Course for New Instructors](#) is an introduction to PSIA and becoming an instructor. There is an additional free course [Delivering the Beginner Experience](#). The [Alpine Level 1 E-Learning Course](#), is specifically designed for preparing for the Level 1 Assessment. Level 1 candidates must complete a required [written/online test for Level 1 certification](#).

Example – E-Learning Page
Learn About Teaching Snowsports – FREE for Everyone

- [AASI/Burton Riglet PE Course](#)
- [Course for New Instructors](#)
- [Delivering the Beginner Experience – Alpine](#)
- [Delivering the Beginner Experience – Cross Country](#)
- [Delivering the Beginner Experience – Snowboard](#)



<https://lms.thesnowpros.org/>

The Matrix has several free resources including presentations on movement analysis, the fundamentals for teaching, people, and technical skills, and common examples of technical skiing demonstrations.



<https://matrix.thesnowpros.org/>