

2023.24 ALPINE LEVEL 2 CERTIFICATION GUIDE



WESTERN

PLEASE NOTE SIGNIFICANT CHANGES IN DAY 2 OF THE LEVEL 2 TEACHING MODULE

Requirements - Candidates must:

- Be a Registered Member of PSIA-AASI
- Have their Level 1 Certification
- Complete both ski and teaching assessments in the same region
- Pass the Online Alpine Level 2 Professional Knowledge Assessment. (Recommended to take before the ski assessment but is required to take before the Teach Assessment.)
- Register and pass the Level 2 ski assessment before taking the Level 2 Teach Exam
- Register for events 2 weeks before the event.

PSIA-AASI Western
Level 2 Alpine Certification Guide
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Purpose

The purpose of this document is to support the Level 2 Alpine Certification Candidate in preparing for their two, two-day Level 2 Assessments. The Level two certification is focused on intermediate ski instruction and skiing activities in the intermediate, and some advanced-zone, terrain.

The candidate is encouraged to use this study guide and the resources provided to help them study, train, and know what to expect for their skiing and teaching assessment days. If you have questions, please reach out to your Resort Trainer, or a member of the PSIA-AASI Western Region Education Staff. Collaborating with fellow instructors is a great way to study the wealth of information presented.

Certification Standards and Resources:

Certification Standards

The **Certification Standards** provide the assessment criteria for creating the skiing, teaching, and professional knowledge outcomes necessary for an instructor to successfully complete a certification. The exam Assessment Form is based off these certification standards.

https://www.thesnowpros.org/download/PSIA_Alpine_Standards0921v4_3.pdf

Performance Guide

The Performance Guide provides the details for successful and unsuccessful performance contributors, as they relate to the assessment criteria of the national standards. The Performance Guide also provides examples of activities that may or may not be assessed during the assessment.

https://thesnowpros.org/download/Alpine_PG_10_21.pdf

Assessment Form

The Assessment Form used to assess your performance 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 Assessment Criteria (ACs).

There are three L2 Assessment Forms

- Alpine Level II Skiing
- Alpine Level II Teaching
- Alpine Level II Movement Analysis/Technical Understanding

Note that the Movement Analysis/Technical Understanding assessment form will be used for both the ski and teach assessment. Technical Understanding will be assessed during the ski assessment and Movement Analysis will be assessed during the teaching assessment. The link below will take you to the Certification Standards and click on the Assessment form link once the page opens.

<https://www.thesnowpros.org/certification/national-certification-standards/>)

Fundamentals

The link below contains the fundamentals for People Skills, Teaching Skills, and discipline specific Technical Skills.

https://www.thesnowpros.org/download/LearningConnection_Fundamentals_2021.pdf

e-Learning Prerequisites

The e-Learning Alpine Level II Knowledge Assessment is to be taken before registering for the L2 Teach Assessment. Passing this assessment is a prerequisite to taking the L2 Teach assessment. The link below will take you to the assessment.

<https://lms.thesnowpros.org/written-exams/western-professional-knowledge-exams/>

Recommended Resources

Please refer to the Recommended Certification Resources on “thesnowpros.org” website for a complete list of resources to help you succeed. These publications and documents are meant to be used in harmony with the Certification Standards. The Alpine Technical Manual and the Teaching Handbooks for children and adults are especially helpful.

<https://www.thesnowpros.org/education/education-products-downloads/>

Children Specialist Standards

Although it is not a requirement for the Level 2 Alpine Certification, the Children’s Specialist Standards contain useful information on how to teach children.

https://thesnowpros.org/download/PSIA_Children-Specialist_Standards_1022_v1.pdf

The Level 2 Assessment Process:

Assessment Overview and Success Criteria

The Level 2 Process consists of 3 activities, completed in the following order:

1. An On-Line Assessment (recommend taking and passing prior to the ski assessment, **required** to pass prior to the teach assessment)
2. An On-Snow Assessment testing the Candidate's ability to ski at the Level 2 Alpine Certification Standard
3. An On-Snow Assessment testing the Candidate's ability to teach at the Level 2 Certification Standard

Both assessments are two-day events. On the first day, each candidate will receive feedback based on his or her performance as it compares to the Certification Standard. On the second day, each candidate may receive reminders based on their performance from the prior day as to what is needed/expected in relation to the Certification Standards. At the end of the second day, the examiner will meet with each candidate individually and review his or her performance on a pass/fail scale.

Level 2 Ski Assessment Daily Outline:

Day 1:

Candidates will meet at the designated location at 8:30am. Please come to the meeting location ready to ski and with the necessary tools to stay warm and engaged.

9:00 to 3:30

After meeting your examiner all groups will start with a warmup run. Topics to be covered during day one include:

- Technical Understanding
- Ski Performance
- Professional Decisions and Behaviors

There will be a lunch break and small breaks as needed throughout the day. Throughout the day you will receive feedback on your ski and body performance as it relates to the Level 2 Alpine Certification Standards. Technical understanding will be addressed on either day or both days of the assessment. Professional Decisions and Behaviors will be assessed continuously, through both days of the assessment.

Day 2:

Meet the group, at the designated location and time.

9:00 to 2:30

Topics to be covered during day two include:

- Ski Performance
- Technical Understanding
- Professional Decisions and Behaviors

At the end of the day the examiner will meet with each candidate and review their performance as it relates to the Certification Standards. Successfully completing the Level 2 ski is determined by a pass or

fail criteria. Professional Decisions and Behaviors will be assessed continuously and throughout both days of the assessment.

Level 2 Teaching Assessment Daily Outline:

Day 1:

Candidates will meet at the designated location at 8:30am. This location will be specified in the confirmation email sent to each candidate. Please come to the meeting location ready to ski and with the necessary tools to stay warm and engaged.

9:00 to 3:30

Content to be covered during day one include:

- Each candidate performing a 25-minute teaching segment with follow up questions
- Professional Decisions and Behaviors

There will be a lunch break and small breaks throughout the day as needed. Throughout the day you will receive feedback on your teaching performance as it relates to the Level 2 Alpine Certification Standards. People skills will be assessed during the teaching presentation, Professional Decisions and Behaviors will be assessed continuously and throughout both days of the assessment.

Day 2:

Meet the group, at the designated location and time.

9:00 to 2:30

Content to be covered during day two include:

- Technical Movement Analysis of a skier on the hill in L2 skill zone and on L2 terrain
- 15 minute teach on peer's skiing improvement within the exam group.
- Professional Decisions and Behaviors

At the end of the day the examiner will meet with each candidate and review their performance as it relates to the Certification Standards. Successfully completing the Level 2 Teach is determined by a pass or fail criteria.

Level 2 Outcomes and Assessment Activities

Make sure to refer to the Level 2 Performance Guide for Assessment Criteria for each Learning Outcome.

Instructor Decisions and Behavior

Learning Outcome

Professionalism & Self-Management: Contributes to a professional environment by managing their behaviors and emotions in response to others.

Assessment Activities

Candidates will be assessed on their ongoing decisions and behaviors under the Professionalism and Self-Management section of the Certification Standards. This assessment of your decisions and behaviors will be during all aspects of both assessments, skiing, and teaching. You are expected to conduct yourself in a professional manner by being aware of how your decisions and behaviors affect the overall learning environment. Be respectful of the people around you and participate positively in the group.

Skiing Performance

Learning Outcome

Skiing Performance: Adapts the Technical Fundamentals to demonstrate specific outcomes in beginner, intermediate, and some advanced terrain.

Assessment Activities

Candidates' skiing is assessed through a series of activities that showcase candidates' ability to blend the fundamentals. Successful candidates will apply tactics and fundamentals in applied activities to show their experience demonstrating for students in beginner, intermediate and some advanced terrain.

Examiners meet the groups on snow and lead candidates through activities that will show their ability to blend the fundamentals for the stated outcome. Activities may be set in all types of intermediate terrain and conditions, including groomed terrain, bumps, crud, trees, and powder, on green up to black terrain. Examiners will provide specific descriptions and demonstrations of each activity. Examiners observe, assess, and provide feedback consistent with the Certification Standards. Variations in movements and mechanics may be requested at the discretion of the examiner.

Technical Understanding

Learning Outcome

Describes specific performances using Technical Fundamentals and considering tactics and equipment choices using current PSIA-AASI resources.

Assessment Activities

Use applicable alpine fundamentals to describe recent personal performance, ideal performances, biomechanics, physics and tactical choices of specific skiing outcomes. You may also be asked to describe characteristics of personal equipment. These activities can take place while riding a

chairlift with your examiner or after performing a specific task. Technical Understanding will be assessed during the skiing assessment.

Teaching Performance

Learning Outcomes

Teaching Skills

- Assess & Plan: Plans learning outcomes and progressive learning experiences and adapts to the changing needs of intermediate students.
- Implement: Facilitates learning experiences and adapts them as necessary to guide students toward agreed-upon outcomes and engage them in the process.
- Reflect/Review: Helps students recognize, reflect upon, and assess experiences to apply understanding and performance changes to desired outcomes.

People Skills

- Communication: Engages in and adapts verbal and non-verbal, two-way communication with individuals and subsets of the group.
- Relationships with Others: Adapts to the motivations and emotions of individuals – and to the interpersonal dynamics within the group – to promote trust.

Assessment Activities

People Skills will be assessed during the teaching portion of the exam on both days. People skills can also be assessed by asking follow up questions after the teaching segment.

On the first day of teaching, one candidate will observe the rest of the candidates perform an activity provided by the examiner. The activity will be an actual skiing task in the level 2 skill zone done in a single file format (it will not be tasks such as leapers, hockey stops, etc.). The candidate will watch the group perform the activity and then tell the examiner what they want to work on with the group and why. They will be given 5 minutes to organize their thoughts and then provide a 25-minute teaching segment to achieve their stated outcome demonstrating their teaching and people skills. The examiner will ask follow up questions after the teaching segment. The emphasis is on real teaching that improves group's skiing and addresses the group in both teaching and people skills. Follow up questions will be in a one/one format on the side of the run or on the chair.

On the morning of second day, Movement Analysis will be done on a skier on the hill by each candidate. The examiner will pick the skier for each candidate in various terrain and conditions appropriate for Level 2. The candidate will describe and evaluate the application of two or more fundamentals as outlined in the Level 2 assessment form and prescribe a specific change relative to one technical fundamental. Examiner will ask follow up questions during or after the candidate presentation.

After the morning Movement Analysis session, each candidate will be asked to provide a 15 minute lesson on improving a peer's skiing. The examiner will pick the skier from the exam group and ask the candidate who is on the queue, what they will work on with this person to improve their skiing. The 15 minute lesson will be an actual lesson with skiing and moving down the hill.

The rest of the exam group will observe and participate in the actives, but not ask questions. At the end of the session, the examiner will ask follow up questions one/one with the candidate.

It is suggested that prior to this segment and during the first day of the exam, all candidates, watch each other's skiing and make a mental note as there will not be an opportunity to watch the skier ski immediately before the 15-minute session starts in order to determine what to work on.

Movement Analysis

Learning Outcome

Articulates accurate cause-and-effect relationships between body and ski performance of Technical Fundamentals through all phases of the turn, resulting in an effective prescription for change for skiers through the intermediate zone.

Assessment Activities

Movement Analysis criteria may be demonstrated and assessed through observations of the general public, and peer-to-peer activities. 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.

Specific Resources for Study

Turn Mechanics

All page numbers and photos reference the Alpine Technical Manual (2014).

Medium Radius Turns and Short Radius Turns

Pages 123 & 122 photo: 7.28

- Terrain: Blue or moderate black, groomed or un-groomed
- A medium radius turn is 2 to 3 cat tracks wide and shows dynamic movement patterns that incorporate more edge and pressure control movements from the fall line. A short radius turn is about 1 cat track wide and shows dynamic movement patterns that incorporate more edge and pressure control movements from the fall line. For both kinds of turns:

Moderate Bumps and Steeps

Pages 129 & 130 photo: 7.33 & 7.34

Terrain: Blue groomed or ungroomed terrain or moderate groomed black terrain

Bumps:

- Short turns that are linked with good rhythm and speed control showing strong leg turning skills, and a stable upper body with a functional pole plant. May be asked to make varying turn sizes, versatility of line and speed.

Steps:

- Short or medium turns in steep terrain demonstrating speed control through turn shape.
- Rely on accurate parallel turns.

Wedge Christie

Page 114 photo: 7.19

- Terrain: Groomed green or moderate blue
- A slightly faster turn than the wedge turn, and continuing preparation for parallel turns, it begins with both skis steered into a wedge and is finished in a christie. The inside ski is matched through speed, rotary, and edging movements.

Parallel Turns [Basic Parallel], Medium Radius

Page 117; photo: 7.22

- Terrain: Blue
- Linked, round turns on blue or black terrain (groomed or ungroomed), which uses a skill blend that leaves brushed tracks in the snow while the skis remain in a parallel relationship. Speed is controlled through turn shape.

Hockey Stop

Page 119 photo: 7.24

- Terrain: Green or blue groomed
- The skier quickly turns the skis sideways to the direction of travel and sets the edges, causing the skis to skid rapidly to a stop.

Outside Ski Turns

- Terrain: Green or blue groomed
- This is a turn that is in the basic parallel zone that focuses on balancing on the outside ski.

Leapers

- Terrain: Blue groomed or un-groomed
- Basic parallel turn where initiation occurs in the air, and the skis follow a rounded arc.

Skating

- Terrain: Green terrain or flat area, uphill or downhill
- Skating is used to evaluate directional movements and edge changes.

Training Activities (helpful with your training)

- Manage turn shape, size, and line
 - Funnell turns (variations)
 - Turns within a corridor (changes in corridor size)
 - Lane changes
- Manage one fundamental as prescribed (Highlighted fundamentals)
 - Railroad track turns
 - Thousand steps

Click [here](#) to see additional activities with explanations in terms of ski and body performance.

The Teaching/Learning Cycle

Reference the PSIA-AASI Teaching Snowsports Manual, 2018, pages 83-86

The Play, Drill, Adventure, Summary Approach to Teaching Children:

Reference the PSIA-AASI Teaching Children Snowsports, 2021, page 114

Movement Analysis

Reference the PSIA-AASI Alpine Technical Manual Chapter 6, 2014 pages 81-96

The Matrix

Contains videos showing the ideal blending of the fundamentals for a variety of activities.

<https://thesnowpros.org/education/the-matrix-videos/>

Biomechanics

Reference the PSIA-AASI Alpine Technical Manual 2014 edition, pages 59-70.

CAP Model

Learn more about the CAP model in the PSIA-AASI Teaching Children Snowsports Manual, 2021, pages 11-12