

LEVEL II

CERTIFICATION & STUDY

GUIDE

Professional Ski Instructors of America
Western Division



DEFINING QUALITY SKI INSTRUCTION
&
INSPIRING A LIFE LONG PASSION FOR SKIING

PREREQUISITES:

A member in good standing

Ski Module:

Must have passed the Level I Module AT
LEAST one year prior to taking the ski exam

Teach Module:

Passing score of on line test
Prepared teaching assignments
Bring copy of Final Skiing Evaluation

Candidates are strongly encouraged to participate in a Level 2 preparation event prior to taking the certification modules.

Please read this Certification Guide carefully.

PSIA WESTERN DIVISION

LEVEL II ALPINE CERTIFICATION & STUDY GUIDE

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This study guide should be supplemented with the following PSIA education materials:

PSIA Alpine National Standards, updated 2014
PSIA Alpine Technical Manual, 2014 Edition
PSIA Core Concepts for Snowsports instructors
PSIA Adult Alpine Teaching Handbook
PSIA Alpine Level II Study Guide [available online @ psia-w.org under alpine ed. materials]
PSIA Children's Handbook
PSIA Children's instructional manual
PSIA (National) Internet Learning Center
PSIA Visual Cues to Ideal vs. Real Children's Skiing
The Movement Matrix – (www.thesnowpros.org) video of national skiing standards
The Skier's Edge & Ultimate Skiing, by Ron LeMaster available on amazon.com

LEVEL II CERTIFICATION GUIDE

The Level II Certification Module is a 2-part process. Candidates must have passed the Level I at least one year prior to taking Ski Module. The 2-day Skiing Module must be passed before taking the 3-day Teaching Module. Each Module combines an assessment and feedback from the clinician on the candidate's performance in comparison to the National Standards.

NATIONAL STANDARDS:

Please refer to: http://psia-w.org/wp-content/uploads/2014/08/PSIA_Alpine_Certification_National_Standards_6_1_2014_FINAL.pdf for complete standards.

The 2014 Alpine Standards provide the assessment criteria for creating the skiing, teaching and professional knowledge outcomes necessary for an instructor to successfully complete a certification.

The Standards document complements and is meant to be utilized in harmony with the following publications/documents.

- The 2014 Alpine Technical Manual - Content evaluated in skiing and technical situations.
- The Core Concepts Manual - Content evaluated in teaching situations.
- Skier Level Descriptions - Specific performance characteristics that create context for the skiing and learning outcomes in each skier zone.
- Divisional Exam Guidelines

Skiing Standards: See the National Standards, updated 2014

The skiing is divided into 3 components:

- Mountain Skiing
- Demonstration Skiing
- Fundamental Versatility

Teaching Standards: See the National Standards, updated 2014

The teaching is divided into 3 components:

- Teaching
- Movement Analysis
- Professional Knowledge

LEVEL II SKIING MODULE OUTLINE:

Day 1: Meet at the designated meeting location (will be in the confirmation e-mail) at 8:30, booted up and ready to go. After meeting your examiner you will spend the day focusing on the following:

Mountain Skiing:

- Medium Radius Turns
- Short Radius Turns
- Moderate Bumps and Steeps

Demonstration Skiing:

- Wedge Christie
- Basic Parallel

Fundamental Versatility:

- Hockey Stop
- Outside Ski Turns
- Leapers
- Skating

Throughout the day you will receive feedback on your ski and body performance as it relates to the National Standards for Level 2 Certification. At the end of the day you will meet indoors and cover any additional questions and preview the next day.

Day 2: Meet the group at 8:30. Today is focused on evaluating the candidates skiing in relation to the National Standards for Level 2 Certification. All areas of Mountain Skiing, Demonstration Skiing, and Fundamental Versatility will be evaluated. At the end of the day the examiner will meet with each candidate and review their performance as it relates to the National Standards. Successfully completing the Level 2 Ski Module is determined by a pass or fail criteria.

Turn Mechanics: All page numbers and photos reference the Alpine Technical Manual, 2014

Mountain Skiing:

Medium Radius Turns: page 118 & 123 photo: 7.28

Terrain: Blue or moderate black, groomed or un-groomed

This turn is 2 to 3 cat tracks wide and shows dynamic movement patterns that are incorporating more edge and pressure control movements from the fall line.

- To engage the skis at turn initiation, direct pressure toward the tips as the body moves toward the turn's apex.
- A deliberate weight transfer to the outside ski early in the initiation phase begins establishing the turn's arc.
- Active inside ski actions correspond with actions of the outside ski.
- The edge angle of the outside ski continues to dictate the arc of the turn through the shaping phase.
- Angulation allows the skier to adjust edge angle and maintain balance toward the outside ski.

- Pole swing begins during the finish of the turn and the touch occurs with or slightly after the edge change. The skier should direct the pole's tip toward the apex of the upcoming turn.

Short Radius Turns: page 118 & 123

Terrain: Blue or moderate black, groomed or un-groomed

This turn is about 1 cat track wide and shows dynamic movement patterns that are incorporating more edge and pressure control movements from the fall line.

- To engage the skis at turn initiation, direct pressure toward the tips as the body moves toward the turn's apex.
- A deliberate weight transfer to the outside ski early in the initiation phase begins establishing the turn's arc.
- Active inside ski actions correspond with actions of the outside ski.
- The edge angle of the outside ski continues to dictate the arc of the turn through the shaping phase.
- Angulation allows the skier to adjust edge angle and maintain balance toward the outside ski.
- Pole swing begins during the finish of the turn and the touch occurs with or slightly after the edge change. The skier should direct the pole's tip toward the apex of the upcoming turn.

Moderate Bumps and Steeps page: 129 & 130 photo: 7.33 & 7.34

Terrain: Blue groomed or un-groomed 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.

- Rely on accurate short-radius turns.
- The initial skill blend for bumps favors a skidded finish followed by a pivoted turn entry.
- To reduce resistance from the snow, pivot the skis simultaneously on top of the bump. The pivot point is directly under the feet.
- The pole plant helps stabilize and keep the upper body facing downhill – enabling leg rotation.
- Pivot to a higher edge angle for a skidded turn finish.
- The upper body moves on a relatively level plane as the legs and spine flex to absorb terrain and extend to maintain ski-to-snow contact.

Steeps:

Short or medium turns in steep terrain demonstrating speed control through turn shape.

- Commit to moving down the hill to release the edges at turn initiation.
- The pole swing assists body movements down the hill.

- Remain strong in the upper body, with a deliberate pole plant to support strong rotational movement of the lower body and ski tipping.
- Maintain pressure predominantly on the outside ski through the shaping phase.
- Flex the legs to absorb pressure and soften the turn's finish.
- Maintain a rhythm that supports commitment from one turn to the next.

Demonstration Skiing:

Wedge Christie: page 115 photo: 7.20

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.

- Briefly steer both skis to a very small wedge during the initiation phase.
- Steer the inside ski parallel to the outside ski.
- Transferring weight to the outside ski early on and steering the inside ski helps match the skis before the fall line.
- Introduce pole touch to signal ski matching.

Basic Parallel Turns: page 117 photo: 7.22

Terrain: Blue

Linked, round turns on blue or black terrain (groomed or un-groomed), 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.

- At the start of a turn, flatten both skis simultaneously, bringing balance over both feet (skis). (The elements of an athletic stance should be visible when the skis are flat on the snow at edge change.)
- Slightly extending the new outside leg helps move the CM to the inside of the new turn throughout the transition.
- Slightly flexing the new inside leg allows the steering action of the inside ski to complement the action of the outside ski.
- Movement of the CM to the inside of the turn through the shaping phase increases edge angles through the fall line.
- The upper body travels down the hill as the skis are turned across the hill, realigning the body over the feet and reducing edge angle.
- Shifting weight from the outside ski in the finish of a turn to more even distribution helps to prepare for the transition to the new outside ski in the upcoming turn.
- Pole swing continues from the finish of the previous turn to promote the flow of movement down the hill. The pole touch signals the timing of the edge change.

Fundamental Versatility:

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.

- From a straight run, flex to pivot the skis and tip them on edge. After a minimal amount of slipping, set the edges to stop.
- Continue to face downhill when turning the legs.
- Maintain balance over the inside edge of the outside ski.
- Can be done with or without a pole plant.

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.

- From a basic parallel turn the tail of the inside ski is lifted through the shaping phase.
- Through the finish phase of the turn place the tail of the ski back on the snow in a controlled manner.
- Speed is controlled through round turn shape.

Leapers

Terrain: Blue groomed or un-groomed

Basic parallel turn where initiation occurs in the air, and the skis follow a rounded arc.

- At the start of a turn, during the initiation, both skis leave the snow.
- When the skis land on the snow, a blending of all skills is used to shape and finish the turn.
- Pole swing continues from the finish of the previous turn to promote the flow of movement down the hill. The pole touch signals the timing of the leap.

Skating

Terrain: Green terrain or flat area, uphill or downhill

Skating is used to evaluate directional movements and edge changes.

- Move forward on diverging skis by alternately engaging the edges.
- While flexing and extending the legs, the center of mass moves in direction of travel.
- May or may not use poles.

LEVEL II TEACHING MODULE OUTLINE:

During all teaching presentation the group will be acting as the students. It is expected that as the student they remain attentive and engaged through all teaching segments.

Day 1: Meet the group at the designated meeting location (will be in the confirmation e-mail) at 8:30, booted up and ready to go. After meeting your examiner, the day will be focused on the following:

- **Teaching:** Each candidate will teach one of the 9 Prepared Scenarios listed on page 9. Candidates should prepare a teaching scenario for each of the scenarios listed. Please read the teaching presentation outlined above the scenarios.

- **Movement Analysis:** Each candidate will do a movement analysis on a skier selected by the examiner. This can be done in a “round table” style or individually.
- **Professional Knowledge:** After each teaching presentation and Movement Analysis the examiner will ask follow up questions that may review, but is not limited to: turn mechanics, biomechanics, physics, class handling, safety, customer service, professional knowledge, how the lesson plan might have been customized for a different student, and best practices for return and retention of students.

Throughout the day you will receive feedback on your teaching, movement analysis and professional knowledge as it relates to the National Standards for Level 2 Certification. At the end of the day you will meet in-doors and cover any additional questions and preview the next day.

Day 2: Meet the group at the designated meeting location at 8:30. The day will be focused on evaluating the following:

- **Movement Analysis:** Each candidate will be assigned a skier in the intermediate zone to do an analysis on.
- **Professional Knowledge:** After completing the movement analysis they will be asked follow up questions (see professional knowledge above).
- **Teaching:** After completing the movement analysis and follow up questions the candidate will have a few minutes then begin teaching the group, or part of the group, as though they were the skier from the Movement Analysis.
- **Professional Knowledge:** The examiner will ask the candidate questions based on their progression.

Throughout the day you will receive feedback on your teaching, movement analysis and professional knowledge as it relates to the National Standards for Level 2 Certification. At the end of the day you will meet in-doors and cover any additional questions and preview the next day.

Day 3: Meet the group at the designated meeting location at 8:30, booted up and ready to go. The day will be focused on evaluating the following:

- **Teaching:** Every candidate will be assigned a teaching scenario. After a few minutes to prepare their teach they will teach the group, or part of the group.
- **Professional Knowledge:** After the teaching segment the examiner will ask follow up questions (see professional knowledge under Day 1).
- **Movement Analysis:** Each candidate will do a movement analysis on a skier assigned by the examiner. After the movement analysis the candidate will talk through how, what, and where they would teach the skier.
- **Professional Knowledge:** After completing the Movement Analysis the candidate will be asked follow up questions.

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

Teaching Presentation Outline:

- After you have been given your assignment you may look at your notes, have a quiet moment to yourself or ask the examiners about terrain etc.
- **Use the Teaching Cycle** and follow the 7 components as if you had your students in a real lesson.
- During practice time of the lesson you can shorten the distances travelled.
- The examiner will tell you when you have approximately 5 minutes left to finish. You will have approximately 15-20 minutes total for your teaching presentation.

Prepared Teaching Assignments:

These assignments are developmental, not corrective. The skiers in these scenarios use appropriate turn mechanics for their level of skiing. You may ask the examiner to demonstrate the described turn type, speed, etc. before you teach. Many of these scenarios describe upper intermediate skiers. Teach a group of adult Wedge Christie skiers how to make parallel turns.

1. Introduce and explain the function of pole plant to a group of adults who are skiing parallel on most blue terrain.
2. A 9 year old can ski parallel on easy blue and green terrain. When she moves to steeper blues, she reverts to a Wedge Christie. Help her get more parallel on the steeper blues. Teach to the nine year old!
3. An 11 year old open parallel skier “wants more control” on harder snow. Improve his parallel turns for firm or icy snow conditions. Teach to the 11 year old!
4. A group of 7 year old kids are skiing green and easy blue terrain. They are Wedge Christie skiers. They are controlling speed by using a large wedge as they enter the turn and finish parallel. Teach them to turn both legs more and control speed with turn shape. Teach to the 7 year olds!
5. 12 year old athletic skier makes medium radius parallel turns. She wants to ski steeper terrain and small bumps. Teach her to make short turns. Teach to the 12 year old!
6. Adult skiers can make short radius parallel turns. They want to know “where the heck do you turn” in the bumps. Introduce bump skiing to the group. Technique and line tactics.
7. 6 year old Wedge Christie skier. He skis green and easy blues. He loves to ski fast. His favorite thing is to get air/jump. Improve his skiing and keep him safe. Teach to the 6 year old!
8. 16 year old athletic parallel skier skis well on groomed terrain. He but has speed control issues in the small bumps. Teach him basic tactics and techniques in easy bumps.
9. Adult group of parallel skiers ski well on groomed runs but need coaching on how to ski: *****(examiners option dependent on snow conditions).
 - a) 5”- 6” of new snow/powder
 - b) 5” or 6” of spring corn
 - c) 5”-6” of cut up crud

Level 2 Movement Analysis:

The following MA sheet provides a basic overview of what is required during level II movement analysis. Use your resort trainers and PSIA-W prep clinics to supplement this information. This list highlights what should be accomplished while doing Movement Analysis.

Skier:

Skier Profile: What are the psychological & physical factors that may affect the lesson?

Gender

Approximate age

Comfort level on terrain

Athletic/Non-Athletic

Turn Type:

Turn Type: Wedge Christie, Parallel

Turns Size: short, medium, long

Turn Shape: Z, S, skidded, carved, incomplete, symmetrical, asymmetrical

Pole Use: functional

Skills Assessment: What body part(s) are being moved and how does it affect the skis?

Describe Balance/Stance: Is the skier balanced throughout the turn?

Body Parts: Flex in ankle, knee, & hip joints

Stance: appropriate, wide, narrow, fore/aft, centered, lateral

Describe Rotary Movements: What body movements or combination of movements does the skier use to turn the skis?

Body Parts: Legs (legs & feet), upper body rotation (hips & shoulders), whole body rotation, counter rotation

Describe Edging Movements: How is the skier creating ski/snow angles?

Body Parts: Ankle, knee, hip, whole body

Movement Pattern: Angulation, inclination, banking

Describe Pressure Control Movements: How is pressure being managed throughout the turn?

Body Movement: Flexion/extension, static, stepping, stemming, lateral movements

Timing of pressure control movements: early, late, effective

Equipment Factors: Describe equipment factors that may influence the skills assessment.

Ski Performance/Phases of the Turn:

Use the skills assessment from above to briefly describe what is happening at the initiation, shaping, and finishing phases of the turn. Describe the cause and effect relationship between the movements of the body and the effect on the skis performance.

Determine Goals for Lesson:

- Identify Lesson Goals:
- Primary Skill Focus: Explain how this relates to achieving lesson goals
- Secondary Skill Focus (skill specific and related to goal)
- Progression: 3-5 steps Skill / Drill / Hill
(Example: static, traverse, fans/garlands, full turns, linked turns)
- Alternative tasks, drills, exercises / Adapt for children vs. adults
- How Could you Adapt your Lesson Plan to different learning styles

SAMPLE LEVEL 2 TEACHING MODULE EVALUATION FORM

CANDIDATE: _____ EXAMINER: _____

LOCATION: _____ DATE: _____

MOVEMENT ANALYSIS		COMMENTS:
Student Assessment: Skier Profile & Turn Description Synopsis of Skills Concept Equipment Use Goals (what, how, why) Lesson Plan (corrective / progressive) Turn Mechanics (including cause/effect)	DAY 1: DAY 2: DAY 3:	
TEACH: MOVEMENT ANALYSIS BASED		
Organization / Logic (what, how, why) Progression (exercises, drills) Appropriate / Valid Use of Teaching Cycle Demos Teaching Alternatives Children / Adults Safety / Class Handling Terrain Use		
TEACH: ASSIGNED LESSON		
Organization / Logic (what, how, why) Progression (exercises, drills) Appropriate / Valid Use of Teaching Cycle Demos Teaching Alternatives Children / Adults Safety / Class Handling Terrain Use		
TEACH: PREPARED LESSON		
Organization / Logic (what, how, why) Progression (exercises, drills) Appropriate / Valid Use of Teaching Cycle Demos Teaching Alternatives Children / Adults Safety / Class Handling Terrain Use		
PROFESSIONAL KNOWLEDGE		

Passed Level 2 Teaching Module
 Did Not Pass Level 2 Teaching Module

LEVEL 2 SKIING MODULE EVALUATION FORM

CANDIDATE: _____ **EXAMINER:** _____ **LOCATION:** _____ **DATE:** _____

NI- Needs Improvement MS- Meets Standards ES – Exceeds Standards

1. Wedge Christie	NI	MS	ES	FEEDBACK / COMMENTS
<ul style="list-style-type: none"> Flexion/extension movements are present and observable throughout the entire turn radius Both skis are steered into a wedge Turn legs under stable upper body and pelvis Align center of mass to outside ski and manage pressure foot to foot Inside ski is steered to parallel Speed control is managed through rounded turn shape 				
<p>2. Basic Parallel</p> <ul style="list-style-type: none"> Center of mass moves to direction of travel Legs turn at same rate/time Tails follow tips Flexion/extension movements are present and observable throughout the entire turn radius Align center of mass to outside ski and manage pressure foot to foot Turn legs under stable upper body and pelvis Pole use enhances turn Speed control is managed through rounded turn shape 				
<p>3. Medium Turn</p> <ul style="list-style-type: none"> Center of mass moves to direction of travel Legs turn at same rate/time Tails follow tips Flex/extend/absorb are present throughout turn Align center of mass to outside ski and manage pressure foot to foot Turn legs under stable upper body and pelvis Pole use enhances turn Speed control is managed through rounded turn shape 				
<p>4. Short Turn</p> <ul style="list-style-type: none"> Center of mass moves to direction of travel Legs turn at same rate/time Tails follow tips Flexion/extension movements are present and observable throughout the entire turn radius Align center of mass to outside ski and manage pressure foot to foot Manage pressure applied to skis/snow Turn legs under stable upper body and pelvis Pole use enhances turn Speed control is managed through rounded turn shape 				
<p>5. Moderate Bumps and Steeps</p> <ul style="list-style-type: none"> Turn legs under stable upper body and pelvis Skis tip/turn at same time/rate Flex/extend/absorb are present throughout turn Manage pressure applied to skis/snow Align center of mass to outside ski and manage pressure foot to foot Skis maintain parallel relation Pole use enhances turn Speed control is managed through rounded turn shape 				
<p>6. Pivot to Edge Set with Blocking Pole Plant</p> <ul style="list-style-type: none"> Turn legs under stable upper body and pelvis Legs turn at same rate/time Angulation/inclination manages edge angle Skis tip/turn at same time/rate Align center of mass to outside ski and manage pressure foot to foot Manage pressure applied to skis/snow Pole use enhances stop 				
<p>7. Outside Ski Turns</p> <ul style="list-style-type: none"> Center of mass moves to direction of travel Turn legs under stable upper body and pelvis Tails follow tips Align center of mass to outside ski and manage pressure, allowing inside tail to be pick up from snow 				
<p>8. Leapers</p> <ul style="list-style-type: none"> Muscular extension from ankles "pops" skis off snow Center of mass moves to direction of travel Angulation/inclination manages edge angle Skis tip/turn at same time/rate Manage pressure applied to skis/snow Skis maintain parallel relation Pole use enhances turn 				
<p>9. Skating</p> <ul style="list-style-type: none"> Balanced over base of support Center of mass moves to direction of travel Angulation manages edge angle Pole use enhances skate 				

[] Passed Level 2 Skiing Module [] Did Not Pass Level 2 Skiing Module