



PSIA-RM-AASI Freestyle Specialist 1

FREESTYLE SPECIALIST 1 OVERVIEW

Freestyle Specialist 1, also known as “FS1” is the first level of PSIA-AASI Freestyle accreditation. At the FS1, you’re expected to demonstrate experience teaching beginners in the park, show an introductory level of knowledge of instruction concepts, and apply your knowledge and skills on snow.

The FS1 is a three-day process with a day of Movement Analysis, Teaching, and Skiing/Riding. All three days will be on snow from between 8:30 and 9:00 and will finish between 2:30 and 3:30, depending on lifts, weather, and group size. Arrive prepared to slide on-snow each morning. The Examiner will start each day in an educational environment to clarify concepts, give successful examples, answer questions, and set the expectation for the assessment portion of the day.

Pre-Requisites:

- Current PSIA-AASI Member
- PSIA-AASI Level 1 Certified. All prerequisites must be completed in the same discipline as the FS1
- Freestyle Specialist E-Learning

Recommended: Attendance of the FS1 Prep Clinic. The Prep Clinic is designed to prepare you for the exam. Candidates will receive coaching during the educational portion of the FS1, but for those who have not spent time teaching in the park or need additional time preparing the FS1 Prep is highly recommended.

Full or Partial Pass:

- You must attend all three on-snow modules of the exam continuously.
- If a candidate is unsuccessful in any module (Skiing/Riding, MA/Tech, Teaching), they may re-take the module(s).
- Passed modules do not expire as long as candidate remains a current PSIA-RM member

Professionalism at the Exam (Respect gets Respect): FS1 candidates will be assessed on their behavior and professionalism all 3 days. Examples of unacceptable behavior are – but not limited to drug and/or alcohol use, consistent lateness, violation of the Responsibility Code, disregarding directions from the assessor, any physical or verbal abuse. Assessors will model professional behavior expected of a PSIA-AASI certified instructor during the exam. All scores are reviewed by the assessment manager or RM office staff.

Feedback and Coaching at the Exam: Assessors will work throughout the event to provide clear, accessible, and relevant feedback. Feedback during the education portion of the event will be supportive of the learning outcomes for the assessment. Feedback during assessment portions of the event will be tactical and limited.

FREESTYLE SPECIALIST 1 On-Snow Process

Notice: The Assessor may change the order of the assessment days and how an assessment day is organized when acting in the best interest of assessment candidates. These decisions will be based on snow and weather conditions, terrain park status, lift status, and other unforeseen circumstances.

Day 1 MA and Tech

The Examiner will start the day in an educational environment to clarify concepts, provide successful examples, answer questions, and set the expectation for the assessment portion of the day. The educational component of day 1 will be approximately 2 hours.

Tech Learning Outcomes:

LO - Uses current PSIA-AASI resources to identify and describe elements of a personal or observed performance, applying discipline-specific fundamentals and considering tactics and equipment choices.

Assessment Environment:

- Tech understanding will be in a jam session
- Reflect on personal performance related to FS1 trick
- The examiner will inquire with the candidate about what adjustments they are using to create a change in performance.
- Candidate will relate their equipment choice to desired outcome/trick
- 5 Minutes is planned for Technical personal performance discussion

MA Learning Outcomes:

- Articulates an accurate cause-and-effect relationship between equipment and body performance within any single discipline-specific fundamental - comparing one phase of ATML to another and taking equipment choices and stance setup into consideration - to offer a relevant prescription for change for riders performing FS 1 activities.

Assessment Environment:

- MA will be performed in a session environment, on two different environments (e.g. jumps and rails).
- MA will be performed on peers in the group
- The MA discussion is 1 on 1 between the candidate and the assessor
- MA will be performed on tricks off the trick list and FS1 appropriate features
- 8 Minutes planned for MA discussion.

- Assessment Criteria is used to target questions toward relevant information

Day 2 Teaching and People Skills

The Examiner will start the day in an educational environment to clarify concepts, provide successful examples, answer questions, and set expectations for the assessment portion of the day. The educational component of day 2 will be approximately 1.5 hours.

Teaching Skills Learning Outcomes

- Plans learning outcomes and organizes progressive learning experiences relevant to beginner/novice students in the freestyle environment.
- Facilitates learning experiences that guide students toward the agreed-upon outcome and engages them in the process in the freestyle environment.
- Communicates performance changes that target the learning outcome to help students identify that a change has been made in the freestyle environment.

People Skills Learning Outcomes

- Able to utilize verbal and non-verbal communication to support the emotional state of a subset within the group in the freestyle environment (Assessed when teaching)
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Assessment Environment:

- Introductions for each teach are not necessary
- Teaches need to Navigate the park at some point in the lesson
- Candidates will have 20 minutes to deliver a lesson
- Candidates teach to minimum 2 people, Maximum 4 people.
- Groups are split into 2 teaching groups if the total size is bigger than 5
- Candidates get teaching order and “zone” at random on the teach day.
- Candidates assess student’s motivation during teaching
- Examiner facilitates the motivation discussion towards FS1 tricks as needed

Day 3 Skiing/Snowboarding

The Examiner will start the day in an educational environment to clarify concepts, provide successful examples, answer questions, and set the expectation for the assessment portion of the day. The educational component of day 3 will be approximately 2 hours.

Snowboarding/Skiing Learning Outcomes

- Adapts discipline-specific fundamentals to demonstrate specific freestyle outcomes in beginner through advanced freestyle terrain, including extra small through medium features.
- Candidates will be assessed in a session format in which they will perform tricks multiple times.

- After up to 20 mins of warming up per zone, candidates will demonstrate each trick 3 times
- Sessions may involve hiking or lapping depending on park layout. When lapping reverts are acceptable.
- Candidates will receive feedback in accordance with the guidelines for assessment environments document
- Feedback in assessments environments will focus on trick outcomes
- Assessors can make connections between education and assessment environments for candidates

FS1 Alpine Trick List

Flatland: 180 Tip or Tail Butter, Switch Skiing, Ollie or Nollie

Boxes: Right foot forward coming off both forward and switch, left foot forward coming off both forward and switch

Jumps: Forward left and right 180s, Grab, Old School Trick

Transition Features: In air or on snow Ally-oop, Transitional air Edge Change, Air to Fakie

FS1 Snowboard Trick List

Flat Land: Sustained butters out to 90 and back to forward stance, 360 nose or tail butter

Boxes: Backside boardslide coming off forward, backside boardslide coming off switch, nose or tail press, switch 50-50

Jumps: Forward frontside 180 off heels, forward backside 180 off toes, grab, shifty

Transition Features: In air or on snow Ally-oop, Transitional air edge change, Air to Fakie