

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America

American Association of Snowboard Instructors

## PSIA-RM Telemark Level I Assessment Workbook

Welcome to PSIA-RM Telemark Certification program. The Assessment Workbook and Assessment Activities Checklist are an aid to help verify and improve your current understanding and ability to demonstrate Professionalism, People Skills, Teaching Skills, and Technical Skills.

Use this as a study guide to prepare you for the assessment process. It is important to find the answers to the questions and integrate these answers into your teaching experience, understanding of the sport, and your students. There are questions that ask for examples; this guide will be most effective if examples reflect your own teaching experience and interactions with your students. It is important to allow plenty of time to complete this workbook prior to your event to enable you to properly integrate the knowledge.

This workbook must be completed **before** your assessment event! The Assessment Activities Checklist can be used as a study guide and to take notes during your PSIA Telemark events.

**Note:** Be responsible for your own learning, ask questions, get the answers you need.

The answers to questions are found in the Telemark Technical Manual, Teaching Snowsports Manual, or other reference material found in the Selected References at the end of this workbook. You may fill out the answers in the spaces provided, on a separate sheet of paper, or download and print.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

1. What do the initials PSIA stand for?

2. What is the Learning Connection Model?

3. What are the 6 Telemark Fundamentals?

4. What are the Teaching Skills Fundamentals?

5. What are the People Skills Fundamentals?

6. What are the 4 Telemark Skiing Skills?

7. List the Responsibility Code.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

8. What is the difference between The Telemark Fundamentals and The Telemark Skiing Skills?

9. What are the 3 phases of the turn in Telemark skiing as described in the Telemark Technical Manual?

10. Compare and contrast telemark turns and alpine turns.

11. Compare “your” Basic Telemark turn from beginning to end with the “Ideal” basic telemark turn. Address the Telemark Fundamentals and Telemark Skiing Skills.

12. Describe how ski design helps a ski to turn.

13. What is an “active” Telemark binding and how does it affect Telemark Skiing? Is this adjustable?

14. List and describe the Teaching /Learning cycle.

15. What is the Stepping Stones concept, and how do you use it?

16. What are the Teaching Styles? Please give a brief description of each.

17. Describe a progression for a beginning Telemark lesson.

18. Describe at least three different ways you can check for understanding

19. Describe a progression for a beginning Telemark lesson.

20. Describe at least three different ways you can check for understanding.

21. Please list and describe how we receive sensory information?

22. Please list and describe how we perceive and process information?

23. How would you prioritize the Telemark Fundamentals for teaching a lesson within the beginner zone, and why?

24. How do you teach lead change in a beginner lesson?

25. What is the fall-line? Why is it important in our lessons?

26. What is the difference between a task and a progression?

29. What is Movement Analysis? When might you use it in a lesson?

30. What do you do during a lesson to mitigate risk and promote safety? Give at least 3 examples.

31. List at least 5 safety concerns related to winter and mountain environments?

32. What is the Learning Partnership and how do you use it in a lesson?

33. What active behaviors do you use to ensure that you connect with your guests in a lesson? Describe at least 3.

34. How does your professionalism impact your career path at your resort and within the snowsports industry?

## SELECTED REFERENCES

[Telemark Technical Manual, PSIA Publication 2015](http://www.thesnowpros.org) (www.thesnowpros.org)

[Teaching Snowsports Manual, PSIA-RM Publication 2018](http://www.thesnowpros.org) (www.thesnowpros.org)

[Your Responsibility Code \(nsaa.org\)](http://nsaa.org)

[PSIAAASI\\_GuideForNewInstructors20192020](#)