



ROCKY MOUNTAIN DIVISION
 Professional Ski Instructors of America
 American Association of Snowboard Instructors

PSIA-RM Telemark Level 2 and 3 Assessment Workbook

Professional Development & Skills Proficiency Log

Welcome to PSIA-RM Telemark Certification program. The Assessment Workbook and Certification Checklist are designed to help you verify and improve your current understanding of technical knowledge, teaching knowledge, and skiing ability on your path to becoming a Level 2 or Level 3 Certified Telemark Instructor. Use this workbook 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. Please try to answer with examples from your own teaching experience and interactions with your students. The goal is not only to learn the material but also to apply this knowledge.

This workbook must be completed **before** your assessment event. The Certification Checklist is to be completed before and during your assessment event. If going for your Level 3 certification, you must complete the entire workbook. If going for your Level 2, you must complete a minimum of the level 2 sections. If attending a 2-day verification module, you need to complete the questions applicable to your level 2 or level 3 event: Teaching and People skills/ Skiing skills and MA/Technical understanding. However, it is highly recommended that you complete the workbook for your level, if attending any 2-day verification module. It is important to allow plenty of time to complete this workbook prior to your event to properly integrate the knowledge. This will greatly help in your process of becoming certified.

Note: Please remember the Learner’s Responsibility Code; **I am responsible for my own learning!** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this Workbook to track your learning and what you need to work on. Be an active learner!

The answers to most questions may be 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, or download and print.

Name _____ Date _____
 Present RM Telemark Certification level _____

Level 2 Teaching/People Skills

1. List the Teaching Model.
2. List the teaching skills fundamentals.
3. List the people skills fundamentals.
4. List the elements that create the Student Profile .
5. What are the Primary Teaching Styles? Please give a brief description.

6. List the Responsibility Code.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

7. Name the different multiple intelligences as described by Howard Gardner.

8. Please list the sensory Learning Styles.

9. Write a progression for an intermediate Telemark lesson using one fundamental from technical, teaching and people skills

10. Describe how you apply the principles of Maslow's Hierarchy of Needs in your lessons.

11. What are the Stepping Stones and how do you use them?

12. Compare the strengths and weaknesses of an adult student with a strong alpine background vs. an adult student (who last skied as a child) with a strong Snowboard background coming into a beginning Telemark lesson. Is there a difference in how you would teach these 2 students in a group lesson? Explain.

13. What is the difference between student-centered teaching and instructor-centered teaching?

14. List a few ways that you manage relationships with your students. How do you use verbal and non-verbal communication within those?

15. List some tactics for encouraging rapport and student-to-student interaction at the beginning of the lesson.
16. List some of the pieces of active communication.
17. How often in your lessons should you assess the safety and physiological needs of all individuals in the group?
18. Describe how you manage your own behaviors and emotions to create a professional environment.

Level 2 Skiing

19. What are the telemark technical fundamentals?
20. Of these, which are you currently working on most in your skiing?
21. How are parallel turns similar for Telemark and Alpine? How are they different?
22. What is the difference between a pole touch and a blocking pole plant?
23. List 4 drills or exercises for improving ski to ski pressure management in Telemark skiing.
24. List 4 drills or exercises for improving the magnitude of the ski to snow interaction movements in Telemark skiing.
25. List 4 drills or exercises for improving tipping movements in Telemark skiing.

26. List 4 drills or exercises for improving rotational movements in Telemark skiing.

27. List 4 drills or exercises for improving lead-change movements in Telemark skiing.

28. Create a lesson plan for a telemark first-time powder lesson.

29. Create a lesson plan for a telemark entry-level bumps lesson.

Level 2 MA/Technical

30. What makes a ski turn? Explain in terms of the Telemark Fundamentals/skills.

31. What are the 3 phases of the turn in Telemark skiing?
32. What is the difference between the Telemark Fundamentals and skills?
33. What is an "active" Telemark binding? How does using an "active" Telemark binding affect Telemark skiing?
34. Describe the process you use to perform Movement Analysis.

35. In performing Movement Analysis, what observation(s) would you make to determine the following. Use ski and body performance.
- a. if both skis were turning at the same rate of speed throughout the turn?

 - b. if effective pressure was maintained on both skis throughout the turn?

 - c. whether a rotary movement was primarily legs turning or upper body rotation?

 - d. whether the turn was primarily carved or skidded?
36. Give an example of how ski/body performance in one Telemark Fundamental/skill pool during one phase of the turn can affect the ski/body performance, positively or negatively, with that same Telemark Fundamental/skill pool in a different phase of the turn. Describe.

Level 3 Candidates

Level 3 Teaching/People skills

37. What are some common problems Telemark skiers have in powder? List some exercises you use to help your students improve.

38. Write a lesson plan for an advanced Telemark lesson. Using one fundamental from technical, teaching and people skills.

39. How would you use multiple methodologies to help your students take in and engage with the lesson you are presenting? (Think Multiple intelligences, VAK, Sensory learning styles, Doer\seer\thinker\feeler)

40. What are the advantages of teaching “shuffling”-type exercises in beginning, intermediate, and advanced lessons?

41. Your student makes a wrong turn and you end up on terrain that is more challenging than what you were planning. Though you are confident that they can safely make it down it is not the terrain you had discussed with your students. Using the people skills fundamentals, describe what you would do next.

42. What is a common error that advanced Telemark students make? Explain this in terms of the telemark technical fundamentals . What exercise/progression would you use to improve?

43. How do you give effective feedback to your students?

Level 3 Skiing

44. What is a retraction turn? When would you use a retraction turn in Telemark skiing?

45. How do reverse-cambered (rockered), “fat” skis and Slalom skis affect Telemark technique? Explain in terms of the Telemark Fundamentals/skills.

46. What is the ideal weight distribution on the front and back foot in Telemark skiing? Please explain.

47. What is the difference between cross over and cross under? When is each of these used?

Level 3 MA / Technical

48. What is edge bevel? Base bevel? What effect does each have on the way the ski performs? Note: Ask a master ski tuner if you do not know.

49. Please describe why countering is important in Telemark skiing, how much counter is necessary, and which skills it affects.

50. Describe dorsiflexion and plantarflexion.

51. What effect does mounting a lifter under your binding have? What type of skier would benefit the most from lifters?

52. What is the difference between angulation and inclination?

53. Describe adduction and abduction.

54. Please describe the different types of rotary movements. In what situations might one be preferred over another?

55. Give an example of how ski/body performance in one Telemark Fundamental/skill can affect the ski/body performance (positively or negatively) in a different Telemark Fundamental/skill. Describe.
56. How do the Telemark Fundamentals/skills help you develop and present a lesson in the advanced zone?
-

RESOURCE LIST

Telemark Technical Manual, PSIA Publication 2015 (www.thesnowpros.org)

Teaching Snowsports Manual, PSIA-RM Publication 2018 (www.thesnowpros.org)

Telemark Resource and Reference Guide (<https://www.psia-rm.org/>)