

Telemark Level 1 Prep Clinic

Duration: 12 hours (12 CEUs)

Learning Connection Focus: Technical Performance Skills, Teaching Skills, People Skills

Course Description:

This clinic is for Telemark instructors seeking Level 1 Certification. The two days will cover all materials required for successful assessment at the Level 1 standard. Topics covered will include the Telemark fundamentals/skills, skiing activities, teaching skills, and technical understanding. Participants will gain a clear understanding of their strengths and weaknesses, while finding out what to work on for the Level 1 assessment. Participants are required to download the Telemark Level 1 Certification Workbook from the PSIA-RM website prior to attending this workshop. Please fill out as much as possible before the event.

Recommended Preparatory Learning Resources:

- Telemark Manual
- Telemark Certification Standards
- People Skills Performance Guide
- Teaching Skills Performance Guide
- Telemark Skiing Technical Skills Performance Guide
- PSIA-RM Telemark Level 1 Certification Checklist
- PSIA-RM Telemark Level 1 Assessment Workbook

Prerequisite skills:

- PSIA membership
- Safely ski all terrain through easy intermediate terrain
- Possess knowledge of Level 1 Assessment Activities
- Show desire to enhance personal skill development

Learning Outcomes:

By the end of this course, successful participants will be able to:

- Learn and practice the Telemark skiing activities for Level 1 Certification
- Explore progressions and methodologies for teaching Telemark skiing
- Expand technical knowledge and understanding through discussion and practice

- Work through the Telemark Level 1 Assessment Workbook to prepare for the Telemark Level 1 Assessment

Learning Experiences: (examples)

- Learn to identify equipment needs for Telemark skiers in the beginner zone
- Practice wedge turns, basic parallel turns, Telemark and Alpine
- Practice 500 shuffles, uphill arcs, Telemark sideslips and Telemark hockey stops
- Learn the Responsibility Code
- Learn about the teaching model
- Learn and practice how to handle a Telemark class in the beginner zone
- Manage group behavior based on student goals

Materials/equipment

- Modern ski-area Telemark equipment
- PSIA-RM Telemark Level 1 Assessment Workbook (download from the PSIA-RM web site)

Telemark Fundamentals

