

Alpine Level 1 Process



If you are considering taking the PSIA-AASI Level I Exam to obtain a Nationally recognized certification this season here is some important information. We have create a process workbook of information that will help you navigate the steps of joining and maintaining your membership in the Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) collectively referred to as PSIA-AASI.

The Process Checklist

1. Complete eLearning Modules 1, 2 & 3 on the Instructor Portal
2. Familiarize yourself with: the Core Concepts Manual
3. Familiarize yourself with: the Alpine Technical Manual
4. Complete 10 teaching hours and 10 training hours
5. Complete the Written Prerequisites and get "signed off"
6. Complete the On-Snow Prerequisites and get "signed off"
7. Join PSIA-AASI by completing a Membership Application and pay \$117
8. Complete the Registered Level Written Exam (open book)
9. Complete a Level 1 Exam Event Application and pay the \$25 Exam Fee.
10. Take and pass the Level 1 Written Exam (closed book)
11. Take and pass the Level 1 On-snow Exam (Skiing and Teaching criteria)

The work completed in Steps 1-3 help develop your Professional Knowledge portion of the Level 1 exam. The on-snow exam process will also include some professional knowledge as well as teaching and skiing.

Step 1: eLearning Modules 1,2 & 3

If you have been through the hiring process and new instructor training at Mt. Hood Meadows you have likely heard of or been through the eLearning Modules found on the instructor portal. This may have been a few seasons ago or just last month. The content in these eLearning Modules is very good and now that you have been teaching a while you should review this content again and complete the modules. The answers you provided previously to the questions may have changed now that you've been doing this for a while. Also answer the following questions:

Why do you teach snowsports and has this motivation changed since you started teaching (Module 1)?

What are the five disciplines of snowsports within PSIA-AASI (Module 1)?

What is the Student Profile (Module 2)?

What is the CAP Module (Module 2)?

How many different ways does the instructor "check for understanding" in the video at about 15:00 into the module (Module 2)?

Now that you have been teaching for a while, what could the instructor in the video do better (Module 2)?

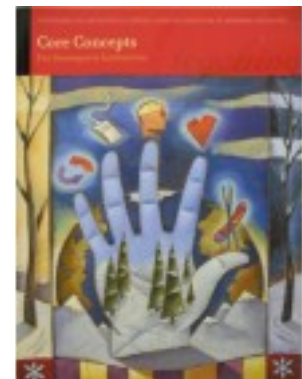
What are some general characteristics of skis (Module 3)?

What is your preferred ski profile/design and why?

What may be the most important piece of equipment for a skier (Module 3)?

Step 2: Core Concepts Manual

The cornerstone of the American Teaching System is the Core Concepts for Snowsports Instructors. The manual covers topics like: human interaction and mental processes; emotions and learning; physical, social and mental development; learning theory and a whole lot more. There are other essential items that all good instructors must know to be effective at their craft. All Level 1 instructors must have a minimum competency of Professional Knowledge in these areas.



Refer to the Core Concepts manual, available for purchase from our school or on-line at PSIA-NW.ORG/SHOP. We also have a few copies in our library for reference and lending. Find a copy of this manual and then answer the following questions:

What are three senses used in snowsports (p.11)?

What are four different learning style classifications (p.13)?

What is the concept of Multiple Intelligences (p.14)?

Name four different ways the ankle joint can move (p.19)?

How does the muscular development proceed (p.20)?

What are the three stages of coordination (p.21)?

What are some physical gender differences that affect snowsports (p.22)?

What are the eight basic personality categories (p.28)?

What are three basic questions used to establish a lesson goal (p.30)?

What is Maslow's Mountain (p.35)?
What is an activity drill and how is it used in snowsports (p.43)?
What is judgmental vs. objective feedback (p.44)?
Who is the fourth skier from the left in the photo (p.50)?
Who is Duggan (p.52)?
Why don't people come back to snowsports (p.61)?

Step 3: Alpine Technical Manual

The PSIA Alpine Technical Manual (2014) is the most up to date and comprehensive manual for PSIA concepts and methodologies as they relate to Alpine skiing. All Level 1 certified members understand and use many elements found in this manual. From The Skill Concept to Student Centered teaching, the Alpine Technical Manual is your resource for becoming a knowledgeable and skilled instructor.



Refer to the Alpine Technical Manual, available for purchase from our school or on-line at PSIA-NW.ORG/SHOP. We also have a few copies in our library for reference and lending. Find a copy of this manual and then answer the following questions:

What is The Skills Concept (p.9,17)?
Who is the skier and what is he demonstration (p.23)?
What are the four different ways a ski can move relative to the snow (p.24)?
What is the Fall Line (p.38)?
What is the apex of a turn (p.38)?
What are the phases of a turn (p.38-41)?
Describe how ski poles can be used (p.48)?
What is the Center of Mass (p.50)?
What are the primary forces in play relative to skiing (p.51)?
How does the path of the CM compare to the path of the skis in a turn (p.55)?
What are the Planes of Motion (p.59-60)?
Name three different joint types and examples within the human body (p.61)?
What is the ACL (p.70)?
What does the term "sidecut" refer to (p.72)?
What is forward lean and ramp angle (p.78)?
What is movement analysis (p.81-96)?
What is DIRT (p.88)?
How does "cause" and "effect" relate to movement analysis (p.90)?
What is an exercise line or progression (p.92)?
What are the elements of "good" feedback (p.94)?
Who is the skier in orange (p.102)?
What are the seven steps of the Teaching Cycle (p.103)?
What are the Skier Zones (p.106)?
What is a Wedge Christie (p.114)?
What is a Fan Progression (p.120)?

Step 4: 10+10 / Teaching + Training

You must have a minimum of 10 teaching hours and 10 training hours prior to taking the Level 1 Exam. Please meet with your supervisor to confirm you have met these criteria or provide payroll recaps as proof of the required number of teaching hours. Please refer to the Level 1 Alpine Certification Process & Synopsis on the PSIA-NW.ORG website.

<http://www.psia-nw.org/certification/alpine/certification-guide/>

Step 5: Written Prerequisites

Provide answers to the questions outlined in Steps 1-3 and review your answers with your trainer(s). This may take several hours to several days to complete, so give your self plenty of time.

The purpose of these steps is to provide you the necessary knowledge base to meet the Level 1 Professional Knowledge criteria. Many of these questions may appear on the Level 1 Written Exam which is “close book” and must be completed within 30 minutes or less.

Then complete the Level 1 Synopsis which will be turned in with your Level 1 Exam Application packet. You can download the Level 1 Synopsis here:

https://www.psia-nw.org/wp-content/uploads/Level-I-assessment-model-2015_1212.pdf

Step 6: On-snow Prerequisites

You must attend as many Level 1 Exam Preparation on-snow clinics such that your trainers have observed that you are prepared to meet the Level 1 National Standards in your on-snow skiing and teaching performance.

Your skiing performance evaluation will be based on your skill blending (edge control, pressure control, rotational control) to achieve the desired outcome (tasks).

Video demonstrations of these tasks can be found at this URL:

<http://www.psia-nw.org/video-galleries/alpine-level-i-tasks/>

Step 7: Join PSIA-AASI & PSIA-NW

First you become a registered member of PSIA-AASI (the National Organization) and your regional chapter called “Divisions”. You will likely become a PSIA-Northwest Division Member if you are processing your membership application through the Mt. Hood Meadows Ski & Snowboard School.

Complete a membership application and pay the national and regional dues – currently this is \$117 (check or credit card payments only). Bring this completed application to the Level 1 Written Exam. You may complete this application and join at any time prior to the Level 1 Exam, however membership is required to take the

Level 1 Exam, so you must have this step completed on or before the Level 1 Written Exam.

A Membership Application is included at the end of this document.

By joining after February 15 of the current year your membership is good through June 30 of the following year (i.e. join after 2/15/2016, dues are paid thru 6/30/2017). The next time member dues will need to be paid is 6/30 of the following year.

Membership dues are paid annually and you must participate in a paid PSIA-AASI event annually to maintain your certification. Members who take a Level 1 Exam obtain their first year of education credit for the exam itself. The following season you may register and attend a "New Pro Let's Go!" clinic, which is included in your Level 1 Exam Fee. This clinic will then count towards your Education Credit in your second year of membership.

Step 8: Registered Level Written Exam

Complete the Registered Level written exam that tests your knowledge of very basic information about teaching snow sports. If you went through the Mt. Hood Meadows instructor hiring process this information was covered and you very likely already know it. Bring this completed test with you to the Level 1 Written Exam.

The Registered Level Written Exam is at the end of this document.

Bring this completed Registered Level Written Exam to the Level 1 Written Exam. You may complete this take home / open book exam prior to the Level 1 Exam, however a completed Registered Level Written Exam is required to take the Level 1 Exam, so you must have this step completed on or before the Level 1 Written Exam.

Note: Technically you must be a member before you can take the Level 1 Exam, however through a special arrangement you can submit your Membership Application, Registered Level Exam, Level 1 Exam Application and Final Level 1 Exam Scores in a single packet.

Step 9: Exam Application and Fee

Complete the Level 1 Exam application and pay the \$25 exam fee. An Exam application form is available at the end of this document.

Step 10: Complete the Written Exam

You must take and pass the Level 1 Written Exam before taking the on-snow exam. The Level 1 Exam is multiple choice, closed book and must be completed within 30 minutes.

Step 11: Complete the On-Snow Exam

You must take and pass the on-snow portion of the Level 1 Exam. Demonstration of appropriate skiing and teaching skills will be used to determine if you meet the National Level 1 Alpine standards. This exam is a pass/fail format.

Alpine Level 1 Process Checklist

All items must be completed prior to taking the Level 1 Exam

Task	Date	Trainer
Written Prerequisites: applicant has completed the written prerequisites outlined in Steps 1-3 and answers reviewed by my trainer(s).		
10+10 Hours: applicant has completed the necessary 10 hours of teaching and 10 hours of training, and those hours have been verified.		
Application & Registered Level Exam: applicant has completed a membership application and the Registered Level Written Exam		
Complete Level 1 Synopsis PDF: Fill out and receive trainers "sign-off" on the Level 1 Synopsis document (either on paper or on-line)		
PSIA-AASI Membership Application: applicant has completed membership application and is prepared to pay \$117 (visa/check)		
Complete Level 1 Exam Event Application: applicant has completed Event Application and is prepared to pay the \$25 exam fee (visa/check)		
LEVEL 1 ON-SNOW SKIING TASKS: applicant has successfully demonstrated adequate skills in the following skiing tasks...		
Wedge Turn: Green terrain. Athletic stance; slow to moderate speed; steering of both skis with leg rotation; linked round turns with no traverse; both skis maintaining contact with snow; no pole use. Skis maintain a wedge relationship.		
Wedge Christie Turn: Green or easy blue terrain. As a turn is completed, a new turn is started by extending ankles, knees and hips, steering both skis towards the fall line, resulting in a wedge relationship. The skis become parallel through more active steering of the inside ski, using rounded turn shapes and no traversing. The parallel matching of the skis may be demonstrated in a variety of places in the turn, including the beginning, middle and end depending on speed, terrain or intent. A pole touch is optional.		
Basic Parallel Turn: Green or easy blue terrain. Balanced, rhythmical turns with no traverse, athletic stance, short, medium and/or long radius. If used, pole use is timed with the turn radius, pole touch with weight transfer and edge change; maintain a parallel relationship.		
Free Skiing: Groomed terrain, mild ungroomed, small bumps – moderate blue terrain. Free skiing in terrain that is groomed, mild un-groomed and/or small bumps may be completed in a blend of short, medium and/or long radius turns. Ski in control using a rounded turn shape at intermediate zone speeds.		

<p>Side Slip to Edge Set: Easy blue terrain. In a side slip, the skier slips sideways down the hill with his/her skis pointing across the hill. Stand slightly flexed with skis tipped on uphill edges in a traverse position. Extend to flatten your skis in order to slip sideways down the hill. Flex slightly, moving your knees uphill, to edge sufficiently in order to control your speed of descent. To come to a stop, flex more to increase the edge angle on the snow surface.</p>		
<p>Linked Forward Sideslip to an Edge Set: Easy blue terrain. From a traverse, flatten skis to slip sideways while moving forward. Increase edge angles to engage skis to an edge set. Repeat movements across the hill. Maintain stance width and parallel relationship of the skis. Balance mainly on the downhill ski. Decrease edge angles to slip, and increase edge angles to traverse or to an edge set. Perform in both directions.</p>		
<p>Straight Run, Paddle Turn to Stop: Green terrain. Demonstrate an athletic stance with legs slightly flexed, hands and arms in front of body, while in a straight run. Transferring weight from one ski to the other in a scissoring fashion, step across the fall line to a stop. Complete on very shallow terrain.</p>		
<p>Traverse – Wedge and Parallel: Green or easy blue terrain. Stand on both skis across the hill while balancing on both uphill edges. At a slight downhill angle, travel across the hill in a very shallow traverse in a parallel relationship. Each ski should track and not slip or skid sideways while in the parallel relationship, keeping more weight on the downhill ski. From a parallel relationship, simultaneously release both edges by transferring more weight to the uphill ski while brushing both skis into a wedge then back to a parallel relationship. Perform in both directions.</p>		
<p>LEVEL 1 ON-SNOW TEACHING: applicant has successfully demonstrated adequate teaching application skills in indentifying the skiing fundamentals, the skill focus and the phase of the turn as it relates to the skiing tasks which will be used for assessment of the teaching skills, and as these relate to the PSIA Level 1 National Standards.</p>		
<p>LEVEL 1 PROFESSIONAL KNOWLEDGE: applicant has successfully demonstrated adequate knowledge of teaching snow sports and the snow sports industry as it relates to the PSIA Level 1 National Standards.</p>		



Snowsports Instructor Membership Application

Member Information

First Name		Last Name		MI
Email Address			Date of Birth	
Mailing Address (for membership card, newsletter, etc)		City	State	Zip
Primary Contact Tel # <input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> Cell		Alternate Contact Tel # <input type="checkbox"/> Home <input type="checkbox"/> Work <input type="checkbox"/> Cell		
Where did you take your Level I Exam?		When did you take your Level I exam (MM/DD/YYYY)?		
<input type="checkbox"/> Alpine <input type="checkbox"/> Snowboard <input type="checkbox"/> Telemark <input type="checkbox"/> Track <input type="checkbox"/> Adaptive				
Indicate All Disciplines of Registration		Your Snowsports School		

Membership Number - OFFICE TO COMPLETE

MEMBER NUMBER - office will complete	CLASS / LEVEL - office will complete
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Director's Approval

Trainer's Approval

I attest that this snowsports instructor has met the requirements for the membership level for which they are applying.

Trainer's Name

Trainer's phone or email address

X

Trainer's Signature

Membership Dues

NW & National Dues Combined Annual Dues \$117 (USD)

This application will join you as a member of PSIA-NW (the NW Division - \$50) and PSIA/AASI National (\$67). Enclose your registered written test with your application and payment.

TAX NOTICE: For federal income tax purposes, contributions or gifts to PSIA-NW are not deductible as charitable contributions, however, dues are deductible as an ordinary and necessary business expense.

PSIA-NW is a 501(c) (6) organization. Contributions to PNSIA-EF, however, are deductible as charitable contributions for federal income tax purposes. PNSIA-EF is a 501(c)(3) organization.

Submission Information

Send Application, Written Test & Dues to:

PROFESSIONAL SNOWSPORTS INSTRUCTORS OF AMERICA - NW

338 N. Wenatchee Ave.
Wenatchee, WA 98801

FAX CREDIT CARD PAYMENT TO:
206.241.2885

QUESTIONS? CALL OR EMAIL:
206.244.8541
info@psia-nw.org

Credit Card Payments

CREDIT CARD NUMBER (PLEASE PRINT CLEARLY)	3 or 4 Digit CVC Code	EXP. DATE (MM/YY)	X YOUR SIGNATURE
CREDIT CARD TYPE <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> AMEX <input type="checkbox"/> DIS			



PSIA AASI

N O R T H W E S T

ALPINE REGISTERED LEVEL WRITTEN EXAM

NAME	SCHOOL
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1. List the 7 points of Your Responsibility Code.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

2. Draw and label the signs used for trail/slope markers.

3. Outline your school/resort accident procedure for handling a class injury.

4. Briefly describe how you would complete the following steps when meeting a class for the first time.

a. Open communication lines

b. Equipment check

c. Assess student's physical and psychological make-up

d. Develop appropriate lesson plan and terrain selection

e. Summary at completion of lesson

5. Explain the skills concept.

6. As it relates to ski instruction, what does the teaching model mean to you?

This instructor has fulfilled the registered level curriculum administered by our snowsports school.

Trainer Signature

Level I Synopsis

NAME _____ DATE _____ SCHOOL _____

PLEASE PLACE A CHECK BY ANY OF THE BELOW YOU HAVE TAUGHT:

Adults__ Age 20-49__ Age 50↑__ Children__ Age 5↓__ Age 6-12__

Teens 13-19__ Groups__ Multi-week__ Privates__

PRACTICAL TEACHING:

A minimum of ten practical teaching hours are required to participate in a Level I exam. Please provide a brief review of your experiences.

1. WHAT WORKED WELL?

2. WHAT WERE YOUR CHALLENGES?

3. WHAT AREA(S) DO YOU FEEL NEED IMPROVEMENT TO BE MORE EFFECTIVE IN YOUR TEACHING?

TRAINING CLINICS:

A minimum of ten clinic/training hours are required to participate in a Level I exam. Please provide a brief review of your experiences.

1. TYPE OF CLINICS?

2. WHAT WORKED WELL?

3. WHAT AREA(S) DO YOU FEEL YOU NEED MORE TRAINING IN TO BE MORE EFFECTIVE IN YOUR TEACHING OR SKIING?

Participant Signature _____

Participant's Trainer Signature _____



OFFICE USE ONLY

Education & Certification Event Application

Participant Information

update my records with this info

Alpine Snowboard Nordic Adaptive

Name	Member #	Discipline	
Email Address	Snowsports School	Certification Level	
Mailing Address	City	State	Zip
Cell Phone #	Alternate Phone (please indicate type) <input type="checkbox"/> Home <input type="checkbox"/> Work		

Event Information

Education Event

Complete this area for all Educational Events. Please consult the Season Guide or PSIA-NW.ORG Website for event information then complete the form below with the event name, date and location.

Event Name _____

Event Date _____

Location _____

Unless otherwise stated, all events check-in at the Day Lodge. Day Clinics begin promptly at 9:00am. Event confirmations with event details will be sent via email prior to the event.

Exam Information

Certification Exam

Exam Date _____

Exam Location _____

LEVEL 1 LEVEL 2 LEVEL 3

LEVEL 2/3 MODULES (choose one or both)

- Skiing or Riding (Saturday)
 Teaching/Professional Knowledge (Sunday)

WRITTEN EXAM

Exam Passed on (date) _____

Written Exam Location (proctor or ski school) _____

TRAINING DIRECTOR'S SIGNATURE
(required for exams)

X _____

Payment Details

Event Fee

BASE FEE \$ _____

LATE FEE \$ _____

TOTAL \$ _____

TO AVOID A LATE FEE, registration is required 14 days prior to an exam or education event. If space is available, less than two weeks prior add \$15 for a single day event and \$40 for a multi-day event.

REFUNDS AND CANCELLATIONS: Cancellations two weeks before event - full refund LESS \$25 admin fee. Cancellations less than two weeks before event - no refund. If injured, please provide doctors note - full refund LESS \$25 admin fee.

MAIL WITH CHECK TO:
PSIA-NW

338 N. Wenatchee Ave, Wenatchee, WA 98801


FAX WITH CREDIT CARD PAYMENT TO:
FAX 206.241.2885

QUESTIONS? CALL OR EMAIL:
206.244.8541
info@psia-nw.org

LIABILITY RELEASE FORM (you must sign this release before attending any PSIA-NW event):

Recognizing that skiing/boarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-NW, PNSIA-EF, ASEA, the host area and their agents and employees and contractors from liability for any and all injuries of whatever nature arising during or in connection with the conduct of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-NW and PNSIA-EF all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event.

[v2012/13]

 Participant Signature _____ Date _____

Credit Card Payments

PLEASE READ LATE FEE AND CANCELLATION POLICY ABOVE IN PAYMENT DETAILS BOX.

CREDIT CARD NUMBER (PLEASE PRINT CLEARLY)

CREDIT CARD TYPE Visa MC AMEX DIS

3 or 4 Digit
CVC Code

EXP. DATE
(MM/YY)

X

YOUR SIGNATURE