

## Level I Skiing

During the exam process candidates will be asked to demonstrate the following performance outcomes listed below.

### Beginner Zone Skiing

Zone skiing provides a consistent platform to evaluate the candidate's fundamental mechanics of skiing and skill blend. Candidates will be asked to demonstrate a variety of skiing performance outcomes showing ski / snow interaction and movements utilized in development of a student's fundamental skiing skills. Additionally, the candidates are evaluated using the national standards categories of Environment, Speed and Accuracy.

#### **WEDGE TURNS**

Athletic stance; slow to moderate speed; steering of both skis with leg rotation; linked round turns with both skis maintaining contact with the snow; no pole use. Skis maintain a wedge relationship.

#### **WEDGE CHRISTIE TURNS**

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 TURNS**

With a balanced, athletic stance make short, medium and/or long radius turns. 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 UN-GROOMED, 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.

## Skills and Fundamentals

The purpose of the skills and fundamentals category is for the candidate to show the ability to highlight a specific skill, fundamental or blending therein. Successful demonstration shows how the skills and/or fundamentals are incorporated in lessons designed to improve student performance and advancement within the current zone.

### **SIDE SLIP TO AN EDGE SET**

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.

### **LINKED FORWARD SIDESLIP TO AN EDGED TRAVERSE**

From a traverse, flatten skis to slip sideways while moving forward. Increase edge angles to engage skis to an edged traverse. 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 or increase edge angles to traverse. Perform in both directions.

### **STRAIGHT RUN, PADDLE TURN TO A STOP**

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.

### **PARALLEL TRAVERSE TO WEDGE ENTRY (Performed in a Garland\*)**

Start from a traverse in a parallel relationship with both uphill edges engaged while keeping more weight on the downhill ski. Both skis should track and not slip or skid sideways. From the parallel stance transfer more weight to the uphill ski to create easier steering of the downhill ski. Flatten both skis to release the edges and simultaneously steer both skis into a narrow wedge. Complete the wedge by steering both skis back across the hill in the original direction and back to a parallel relationship. Complete at least two garlands in each direction.

\*Garlands: A series of linked “half turns”, in which the skier turns down the fall line, then turns back across the hill in the original direction of travel.

## Level I Teaching

Candidates should be prepared to formulate and present a lesson plan that is relative to common goals for Beginner Zone outcomes and ski performance.

There will be one teaching session for each candidate. The time allotted will be no longer than 15 minutes. Although it is not necessary to fill the time allowed, it is recommended to continue to work with the group for the allotted time. The administrator will monitor the time for you, as it's his/her responsibility to keep to a specific time schedule.

The content of the candidate's lesson should have basic information that reflects the skiing fundamentals, skills concept and is appropriate to beginner zone progressions. The candidate will be responsible to observe and describe the skiing fundamentals as performed in the beginner zone skiing and skills and fundamentals scenarios. The teaching presentation will address a target group, not necessarily individuals within the exam group. Directions need to be clearly stated as they relate to the general beginner zone outcomes. "Command" and "Task" teaching styles need to be well organized and utilized to define content and practice time.

The feedback provided by the candidate should be related to the fundamental focus of the target group, while providing wording that is simple (non-technical), practical and positive.

Questions based on your teaching presentation are asked immediately following your session, during chairlift rides, or both. The exam administrator may also set up scenarios wherein you and your peers discuss a teaching, technical or professional knowledge situation and deliver a response in a group setting.