

Welcome to the Professional Ski Instructors of America! The Alpine Level 1 Assessment is the first step in your exciting career as a ski instructor.

If you're new to PSIA/AASI, make sure to check out our [New Member Guide](#); there's lots of great information to help you start your career as a ski instructor!

Certification Standards

Candidates will be assessed on technical, teaching, and people skills standards for Level 1 as described in the PSIA-AASI National Alpine Certification Standards 2021. These standards should be reviewed! They can be found on the "Alpine Certification" page or at [PSIA Alpine National Standards](#)

Certified Level 1 instructors must be able to ski all green and groomed blue terrain.

Alpine Certified Level 1 instructors are expected to teach adults and children through the Beginner Zone. According to the PSIA-AASI Alpine Technical Manual, "Skiers in this zone range from "never-evers" to those able to control speed and turn shape effectively in most beginner terrain and easy intermediate terrain.

Requirements

To achieve this Alpine Level 1 Certification, you will need to complete these tasks:

- Become a [registered member](#) of PSIA and PSIA-I with current dues paid.
- Successfully complete [PSIA Alpine Level 1 E-Learning Course](#)
 - **This must be completed before attending your Level 1 assessment.**
- Complete the [PSIA-I Alpine Level 1 Workbook](#)
 - **This must be completed before attending your Level 1 assessment.**
 - The 'Workbook' is easiest to do on a computer. Once completed you will receive feedback from the grader and will need to take the quiz again if you do not get a score of 80% or higher.
- Understand the [PSIA Alpine National Standards](#)
- Participation in both days of the Level 1 Foundations Course is required of **Associate Members** prior to signing up for a Level 1 Assessment"
- Choose the date for an assessment that meets your needs. It is a two-day assessment; attendance is required on both days.
- At least two weeks prior to this event, register and pay for the event

*Most successful candidates have completed a minimum of 25 hours of actual on snow teaching, training, or coaching prior to the assessment. These hours can be achieved through employment at one of our [member schools](#).

Resources

Here are some links to **RESOURCES** that will help you prepare for your Alpine Level 1 and will continue to be valuable as you progress as an instructor.

- 2015 - Alpine Technical Manual
- 2018 - Teaching Snowsports Manual
 - You received access to a digital copy of these with your membership. Both can be purchased in hard copy through the webshop on <https://thesnowpros.org/>
- [National Website Resources](#)
 - [National Certification Standards](#)
 - Performance Guide
 - [Alpine Technical Skills](#)
 - [Teaching Skills](#)
 - [People Skills](#)
 - [Assessment Form for Alpine Level 1](#)
- Intermountain specific resources
 - Activity Guide
 - [Level 1 Activity Guide](#)
 - All can be found on our website - [PSIA Intermountain](#)

General Professionalism Expectations for a Ski or Snowboard Instructor

1. Commitment to students and their learning
2. Receive and act upon professional feedback
 - a. seek to continually improve teaching performance, and demonstrate flexibility and adaptability
 - b. Reflect upon their own practices
3. Demonstrate professional practices and demeanor
 - a. demonstrate a professional appearance; convey a positive message about their discipline and the teaching profession; engage in professional, legal, and ethical conduct; are dependable, punctual, and well-prepared; ensure the safety of their students; and are aware of their digital footprint on social media and take action to ensure that their electronic presence does not lead to questions of their integrity, professionalism, and character.
4. Communicate effectively and professionally
 - a. use professional language in all situations ensuring that communications are free from bias and meet the needs of diverse learners. Professionals also effectively and accurately communicate their ideas (oral and written) and engage in active listening.
5. Collaborate with others in a positive and professional manner
 - a. demonstrate a positive rapport with others, contribute to group efforts, and demonstrate respect for others and their ideas.
6. Demonstrate cultural competence in interactions and communications

Overview

The Level 1 assessment will be conducted in a supportive group environment designed to facilitate learning and development. During the two-day process, your Examiner will provide guidance as you strive to understand and demonstrate the skiing and teaching requirements outlined in the PSIA National Certification Standards."

Level 1 Assessment Process

Day 1 (On-Snow)

- **8:30 am Check-in:** Arrive at the designated indoor meeting location to sign in and prepare for the day. Assessment leaders will outline the day and divide you into assessment groups. Passes will be provided to all professional members, Associate members will need to provide their own lift ticket.
- **9:00 am Introductions and review:**
 - Once in your groups, Review the level 1 assessment process and flow for the day.
 - Discuss the Level 1 PSIA 2021 National Certification Standards.
- **9:30 am Warmup on snow**
 - During a warm-up run(s), you will have the opportunity to become familiar with the terrain, snow conditions, and lift options.
 - This is also a great time to learn about your peers and develop supportive relationships.
- **Skiing:**
 - Candidates will ski the activities from the [PSIA-I Level 1 Activity Guide](#).
 - 2 activities from the 'Integrated' category
 - 3 activities from the 'Versatility' category
 - 1-3 activities from the 'Individual' category
 - Activities may be varied and repeated with specific focuses to facilitate understanding and performance gains.
- **Technical Understanding & Movement Analysis - Self Assessment:**
 - The candidate will perform a series of wedge turns and present a self-assessment of their performance in relation to the ideal performance defined.
 - The activity will be repeated 3 times throughout the assessment, with possible performance-focus variations.
 - The activity can be set up as a line rotation, call down, or however best suits the terrain available.
- **Technical Understanding & Movement Analysis - Peer Assessment:**
 - Examiners will set an activity from the 'Integrated' category on the PSIA-I Level 1 activity guide and define parameters.
 - Candidates will observe one of their peers skiing
 - Then individually review their peer's specific performance related to the activity with the examiner as a guide.
- **3:00 pm The day ends at .**

Day 2 (On-snow)

- **8:30 am Check-in:** Arrive at the designated indoor meeting location to sign-in and get ready for the day.
- **9:00 am Warmup on snow**
 - During a warm-up run(s), you will have the opportunity to become familiar with the terrain, snow conditions, and lift options.
 - This is also a great time to learn about your peers and develop supportive relationships.
- **9:30 am Teaching Presentations:**
 - Candidates will present a 15-minute teaching segment that would help the group better perform the chosen topic.
 - Candidates should select beginner/novice-zone (green) terrain. Portions of easier blue trails may be used when helpful for the beginner/novice student's development.
 - The topic will be randomly assigned from the PSIA-I Level 1 teaching topics list.
 - Candidates can expect individual discussions led by the examiner. The discussion is focused on clarifying any uncertainties about the information presented and fostering a deeper understanding of the topic.
- **Technical Understanding & Movement Analysis**
 - To allow flexibility, any unfinished activities from day 1 will be completed on day 2.
- **3:00pm On-snow assessment complete -**
 - Results will be delivered by email.
 - Group leaders will be present to briefly review the results or answer questions.
 - Group leaders may also be contacted later for discussion.
 - Resort space availability and policy may alter this procedure.

Level 1 Teaching Topics

1. How to create and ski in a gliding wedge
2. How to make wedge turns
3. How to make and use a straight run
4. How to make and use wedge changeups
5. Using turn shape to for speed control
6. How to make and use wedge christies
7. How to absorb terrain variations
8. How to make and use lower and higher edge angles in wedge turns

*Maximum 8 Candidates

*Attendance both days is required

*Any breaks will be determined by the groups needs in accordance with resort policies

*Results delivered by email the same day with the group leader available for questions

Assessment Scoring

The assessment will be scored according to the criteria of the score sheet which is derived from the national standard. The assessment scale is from 1-6 and an average score of 4 in all scored criteria within a section is required to meet the standard. The assessment scale and all criteria used in the assessment are outlined on the assessment form.

Professional Behavior and Self Awareness

This will be scored throughout the 2 days of the assessment.

Ski Scoring

Candidates will be scored on application of skiing fundamentals as they relate to the assessment criteria (AC) and learning outcomes (LO). Each category is used to assess your level of competence as written in the PSIA-AASI 2021 National Alpine Certification Standards for Level 1.

Teach Scoring

Candidates will be scored on the Learning Outcomes and Assessment Criteria in the PSIA 2021 National Standards for Level 1 Teaching and People Skills during their teaching segment. Professional Behavior and Self Awareness will be scored throughout.

Technical and Movement Analysis Scoring

Candidates will be scored on the Learning Outcomes and Assessment Criteria in the PSIA 2021 National Standards for Level 1 Technical Understanding and Movement Analysis Skills during these assessment segments. Professional Behavior and Self Awareness will be scored throughout.