

# IM PSIA-AASI Freestyle Specialist 1

## FREESTYLE SPECIALIST 1 OVERVIEW

Freestyle Specialist 1, also known as “FS1” is the first level of PSIA-AASI Freestyle accreditation. At the FS1, you’re expected to demonstrate teaching to entry level students in the park, show foundational knowledge of instruction concepts, and apply your knowledge and skills on snow.

The FS1 is a two-day process accessing the Technical skills of MA and Skiing/Riding, Teaching skills and People skills. Each day will begin on snow from between 8:30 and 9:00 and will finish between 3:00 and 4:00, depending on lifts, weather, and group size. Arrive prepared to slide on-snow each morning. The Examiner will start each day and answer questions, and set the expectations of the day.

### **Pre-Requisites:**

- Current PSIA-AASI Member
- PSIA-AASI Level 1 Certified.
- Freestyle Specialist E-Learning

All prerequisites must be completed in the same discipline as the FS1

**Recommended:** Attendance of the *Intro To Freestyle, FS Camp* and/or *Halfpipe and Transitional Features* clinics. These prep clinics are designed to prepare candidates for the exam giving the opportunity to practice FS maneuvers and receive technical feedback. Candidates will only receive tactical feedback during the FS1. Candidates who have not spent time teaching in the park or need additional guidance or time preparing the FS clinics are highly recommended.

### **Full Pass:**

- All portions of the FS1 must be passed in the same attempt for candidates to be successful in achieving the FS1.

**Professionalism at the Exam (Respect gets Respect):** FS1 candidates will be assessed on their behavior and professionalism both days. Examples of unacceptable behavior are – but not limited to drug and/or alcohol use, consistent lateness, violation of the Responsibility Code, disregarding directions from the assessor, any physical or verbal abuse. Assessors will model professional behavior expected of a PSIA-AASI certified instructor during the exam. All scores are reviewed by the assessment manager or IM office staff.

**Feedback and Coaching at the Exam:** Assessors will work throughout the event to provide clear, accessible, and relevant feedback. Feedback will be **tactical and limited**. If a candidate needs more educational feedback please attend the *Intro to FS, FS Camp, and/or Halfpipe and Transitional Features* clinics prior to attempting the FS1 they are great resources for development.

# FREESTYLE SPECIALIST 1 On-Snow Process

## GENERAL ASSESSMENT FORMAT:

**Day 1:** Meet, set expectations for the day, candidates will have time to scope the park and warm up on features with FS1 tricks in the different zones. In the morning the focus will be on the Teaching and People skills segment of the assessment. In the afternoon finish any Teaches and move into the MA and Tech Understanding segment of the assessment.

**Day 2:** Meet, set expectations for the day, candidates will have time to scope the park, warm-up on features with FS1 tricks in the different zones. In the morning focus will be on finishing any Teaches or MA and Tech Understanding. Once completed the focus will shift to completing the Ride/skiing segment of the assessment.

**Notice: The Assessor may change the order of the assessment segments and how an assessment day is organized when acting in the best interest of assessment candidates. These decisions will be based on snow and weather conditions, terrain park status, lift status, and other unforeseen circumstances.**

### Teaching and People Skills

The Assessor will start the segment clarifying concepts, answering questions, and set expectations for this assessment segment.

#### **Teaching Skills Learning Outcomes**

- Plans learning outcomes and organizes progressive learning experiences relevant to beginner/novice students in the freestyle environment.
- Facilitates learning experiences that guide students toward the agreed-upon outcome and engages them in the process in the freestyle environment.
- Communicates performance changes that target the learning outcome to help students identify that a change has been made in the freestyle environment.

#### **People Skills Learning Outcomes**

- Able to utilize verbal and non-verbal communication to support the emotional state of a subset within the group in the freestyle environment (Assessed when teaching)
- Able to utilize verbal and non-verbal communication to support the emotional state of a subset within the group in the freestyle environment (Assessed when teaching)

#### Assessment Environment:

- Personal introductions for each teach are not necessary
- Teaches need to Navigate the park at some point in the lesson
- Candidates will have 15 minutes to deliver a lesson
- Candidates teach to minimum 2 people, Maximum 4 people.
- Groups are split into 2 teaching groups if the total size is bigger than 5
- Candidates get teaching order and “zone” at random on the teach day.
- Candidates assess student’s motivation during teaching
- Examiner facilitates the students motivation discussion towards **FS1 tricks** as needed

## **MA and Tech**

The Assessor will start the segment clarifying concepts, answering questions, and set expectations for this assessment segment.

### **Tech Learning Outcomes:**

Uses current PSIA-AASI resources to identify and describe elements of a personal or observed performance, applying discipline-specific fundamentals and considering tactics and equipment choices.

#### **Assessment Environment:**

- Tech understanding will be in a jam session, on two different environments (e.g. jumps and rails).
- Reflect on personal performance related to FS1 trick
- The examiner will inquire with the candidate about what adjustments they are using to create a change in performance.
- Candidate will relate their equipment choice to desired outcome/trick
- Up to or about 5 minutes is planned for Technical personal performance discussion

**MA Learning Outcomes:** - Articulates an accurate cause-and-effect relationship between equipment and body performance within any single discipline-specific fundamental - comparing one phase of ATML to another and taking equipment choices and stance setup into consideration - to offer a relevant prescription for change for riders performing FS 1 activities.

#### **Assessment Environment:**

- MA will be performed in a session environment, on two different environments (e.g. jumps and rails).
- MA will be performed on peers in the group
- The MA discussion is 1 on 1 between the candidate and the assessor
- MA will be performed on tricks off the trick list and FS1 appropriate features
- Up to or About 8 Minutes planned for MA discussion.
- Assessment Criteria is used to target questions toward relevant information

## **Skiing/Snowboarding**

The Assessor will start the segment clarifying concepts, answering questions, and set expectations for this assessment segment. Candidates will be provided time to warm up on features in the different zones.

**Snowboarding/Skiing Learning Outcomes** - Adapts discipline-specific fundamentals to demonstrate specific freestyle outcomes in beginner through advanced freestyle terrain, including extra small through medium features.

- Candidates will be assessed in a session format in which they will perform tricks multiple times.
- After warming up in the zone, candidates will demonstrate each trick 3 times
- Sessions may involve hiking or lapping depending on park layout. When lapping reverts are acceptable.

- Candidates will receive feedback in accordance with the guidelines for assessment environments document
- Feedback in assessments environments will focus on trick outcomes
- Assessors can make connections between education and assessment environments for candidates

### **FS1 Alpine Trick List**

**Flatland:** 180 Tip or Tail Butter, Switch Skiing, Ollie or Nollie

**Boxes:** Right foot forward coming off both forward and switch, left foot forward coming off both forward and switch

**Jumps:** Forward left and right 180s, Grab, Old School Trick

**Transition Features:** In air or on snow Ally-oop, Transitional air Edge Change, Air to Fakie

\*FS1 NOT assessed in a Halfpipe

### **FS1 Snowboard Trick List**

**Flat Land:** Sustained butters out to 90 and back to forward stance, 360 nose or tail butter

**Boxes:** Backside boardslide coming off forward, backside boardslide coming off switch, nose or tail press, switch 50-50

**Jumps:** Forward frontside 180 off heels, forward backside 180 off toes, grab, shifty

**Transition Features:** In air or on snow Ally-oop, Transitional air edge change, Air to Fakie.

\*FS1 NOT assessed in Halfpipe