



PSIA Certified Level III Cross Country Skiing ASSESSMENT FORM

- Meets Standards
 Does Not Meet Standards

Candidate:
Assessment:
Region:
Assessor(s):

Assessment Scale for Certified Level III	
1	Essential elements were not observed or not present.
2	Essential elements are beginning to appear.
3	Essential elements appear, but not with consistency.
4	Essential elements appear regularly at a satisfactory level.
5	Essential elements appear frequently, above required level.
6	Essential elements appear continuously, at a superior level.

ASSESSMENT CRITERIA

Instructor Decisions & Behavior	Skiing Performance
Professionalism and Self Management: Promotes a professional environment by adapting behaviors to positively affect others. (Continual Assessment)	Classic
Needs/Safety Address group and individual needs for esteem.	Pushoff Control the power of the ski and pole push to optimize speed.
Behavior Management Adapts behaviors for positive group and individual interaction.	Weight Transfer Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side).
Section Average: Must be 4 or above to meet Learning Outcome	Glide Control optimal duration of glide.
Comments	Versatility Demonstrate versatility in a wide variety of terrain.
	Section Average: Must be 4 or above to meet Learning Outcome
	Classic Assessment Activities Performed
	Comments
	Section Average: Must be 4 or above to meet Learning Outcome
Skiing Performance	Skate
Demonstrates mastery of the XC Fundamentals in both classic and skate technique to demonstrate specific outcomes through the advanced skill level in a wide variety of terrain.	Pushoff Control the power of the ski and pole push to optimize speed.
Downhill Optimize speed and change of direction on downhills. (must pass 4 or above)	Weight Transfer Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side).
Continuously Ski 30 minutes in a wide variety of terrain, classic or skate. (must pass 4 or above)	Glide Control optimal duration of glide.
Downhill Assessment Activities Performed	Versatility Demonstrate versatility in a wide variety of terrain.
Comments	Section Average: Must be 4 or above to meet Learning Outcome
	Skate Assessment Activities Performed
	Comments