



PSIA – Central

Cross Country Certification Workbook

Candidate Information

Name _____

Phone Number _____

Ski School / Club _____

Examiner's Signature _____

Date _____

Professional Ski Instructors of America – Central Division

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Please email or mail all completed workbooks to the Central office at least 5 days prior to your event.

This workbook is designed to help you prepare for your certification exam by challenging your technical knowledge, lesson planning and base skiing skills. The questions included are intended to challenge your thought process as an instructor and may have multiple correct answers. The workbook must be completed prior to taking the exam and submitted to the Event Coordinator via email or at the exam. The workbook will not be graded but will be used by the examiner to gain a better understanding of your experience level and technical understanding.

This workbook is divided into 3 sections:

Technical Knowledge: This section is designed to monitor and refine your technical knowledge in the skills, technique, and equipment requirements for effective Cross Country skiing.

Lesson Planning: This section is intended to exercise your ability to create logical lesson plans for defined teaching scenarios. Please carefully consider your lesson approaches, keeping in mind the student's goals, their previous experiences and the time allocated for the lesson.

Skiing Skills: Listed are the basic skiing skills required to meet the standards for Level 1 Certification. Refer to the PSIA Cross Country National Standards for detailed requirements for the skiing skills at level 2 and level 3. Prepare for the exam by practicing these skills under the guidance of an experienced instructor or ideally getting feedback from a PSIA- Central staff member.

Useful references are available from <http://www.psia-c.org/education/cross-country/> PSIA Central Cross Country Score Sheet, PSIA Central Cross Country Exam Overview and the PSIA Cross Country National Standards.

Relevant Educational Materials can be purchased from

<https://www.thesnowpros.org/educationmaterials>

PSIA Cross Country Technical Manual, Teaching snowsports manual, and PSIA Core Concepts Manual.

Section 1: Technical Knowledge

In your own words summarize the skiing skills utilized for Cross Country skiing:

How do we propel ourselves in diagonal stride?

Reference the Cross-Country Skiing Skills (weight transfer, push off, glide) in your answer.

How do we propel ourselves in V1 skate?

Reference the Cross-Country Skiing Skills (weight transfer, push off, glide) in your answer.

What changes occur when skiing uphill using the diagonal stride and why?

What is dynamic balance and why is it important in Cross Country skiing?

What is a teaching model? Give an example of using your teaching method to instruct a student on how to get up after a fall:

Explain the movements required to go from a straight run into a wedge when descending an easy groomed downhill slope:

Explain the reasons why some students may slip backwards while performing the herring bone uphill. How would you help them to correct this?

How do **You** choose whether to use double pole or diagonal stride in **your** classic skiing?

Identify the equipment needs for beginning skiers:

Explain the basics of waxing classic skis:

Explain the characteristics of skating equipment:

What are the advantages/disadvantages to using a no wax classic ski? What recommendations would you give a beginning skier interested in purchasing equipment?

Briefly describe the steps required in Movement Analysis:

How do you use your observations from Movement Analysis to help your students improve their skiing effectiveness?

Section 2: Lesson Planning

Briefly describe lesson plans that you have used to teach a lesson to 2 different people. List their important background information (experience) that you learned about while talking with them at the start of the lesson:

Student #1

Student #2

One of your students never raises her boot heels off the ski while learning diagonal stride. You have explained the basics of diagonal stride and practiced this with your group of students, but she still cannot grasp this concept. What skiing skills are lacking and how can you help her to work past this obstacle?

You have a private lesson with a teenage male who is an accomplished Alpine ski racer. He has no experience Cross Country skiing and would like to learn how to skate ski to enhance his Alpine skiing skills (his high school coach encouraged this). How would you create a lesson plan that utilizes his Alpine skiing experience and skills (1.5 hour lesson)? What skills in Alpine skiing would he expect to refine by cross- training with skate skiing?

One of your students moves their left/right arm and leg forward at the same time when skiing the diagonal stride. How would you help them sort this out? What is the likely cause of the problem?

One of your students, a 10-year-old boy consistently develops ski slap with the diagonal stride. What is the cause for this and how would you direct him to correct this?

Explain the 3 learning styles (sensory preferences – visual, auditory and kinesthetic). How would you use each of these styles to teach double poling?

You have a group lesson of adults who have never skied before. They are interested in skiing beginner trails that have some small hills, but have fear issues with descending the hills. How do you include downhill skiing into your beginner's lesson? What would be the ideal terrain for this lesson? How do you address the fear issues?

How would you summarize a lesson to encourage your group to come back for a follow-up lesson?

Section 3: Skiing Skills

Listed below are Skiing techniques and maneuvers that are assessed to establish proficiency with certification standards. Note your proficiency for each and how you can work to improve. Use the national standards and cross-country technical model as a reference.

Diagonal Stride

Herring Bone

Double Pole

Kick Double Pole

V1

V2

V2 Alternate

Straight Run

Wedge / Wedge Turn

Step Turn

Acknowledgments: PSIA-Central Education Staff and PSIA National Cross Country Task Force