

PSIA-CENTRAL



PSIA-CENTRAL TELEMARX LEVEL THREE CERTIFICATION **General information**

Thank you for participating in a PSIA Central event.

- Your Examiners are here to help you learn and succeed.
- Note: The Telemark Technical Manual and Core Concepts are a must read prior to attending a certification.
- Download and complete the Telemark Workbook from the PSIA-C website with answers that demonstrate a Level Three knowledge base. Note: The Workbook is designed to help prepare you for the certification exam. Completed Workbooks will be collected during check-in at the start of the event and returned to you at the completion of the event. The Workbook will not be graded, but will be used by the examiners to gain a better understanding of your technical knowledge.
- Our greatest strength is in the group. Together we can create a productive and positive learning environment for the certification event.
- Be an active participant by contributing, discussing, and listening. Be able to work with the needs of the group as a whole.
- Examiners will be as transparent as possible. You will receive individual feedback at the end of the exam as well as written evaluations. These will clarify your performance and provide you with a road map to improving your skills.

Tentative Agenda

8:30 -9:00: Check-in and collect completed Telemark Workbooks.

9:00: Introductions, overview of the day, personal goals and questions.

Both days will be used to evaluate the candidates' ability to ski, perform ski tasks and teach the other participants a constructive and productive lesson progression. These evaluations will be based on Level Three standards. Each candidate will be given a personal evaluation by the group leader at the conclusion of the event. Level Three Telemark exams will be held separate from Level One exams and workshop clinic, however they may be held in conjunction with a Level Two exam depending on attendance. If possible, candidates may have a different evaluator each day.

The following will be accomplished during the exam:

Teaching & Technical:

You will teach one-two 10-15 minute sessions based on a Level Three standard student profile. Exact duration of the teaching sessions will depend on event logistics. After you teach, your examiners will review your session with you in a positive and professional manner.

- Your teaching session will be based on the discretion of your group.
- It is important to know why you are teaching a particular task and what skills the task highlights. (See the Telemark Technical Manual.)
- It is important to know and understand how to communicate using Visual Auditory and Kinesthetic methods.
- Understand and demonstrate appropriate MA (Movement Analysis), observe, evaluate, and prescribe.
- Know and relate to the four skills involved in Telemark skiing.
- Understand equipment issues that may facilitate or hinder positive skiing outcomes.
- Be able to appropriately communicate biomechanics and the physics of skiing.

Skiing:

We will ski through all the maneuvers and tasks listed in the Telemark Workbook Skiing Skills Checklist. Movement criteria for scoring are based on the Telemark Skiing Standards Matrix found in the “Telemark Certification Standards”, here: <http://www.psia-c.org/educationalMaterial.php>. Some tasks may be videoed and reviewed individually or with the group. Personal feedback on your performance of the maneuvers and tasks is an essential part of the certification process. It is important to demonstrate the tasks correctly. Your group leader will demonstrate for you or, they may use others in your group for correct demonstrations. At any time you will be able to ask for a proper demonstration if you are not clear on what you are being ask to perform.

We will be off the snow no later than 4:00 PM on the first day of the exam and 3:00 PM on the second day.

Your Feed Back is Important

The week following the event you will receive an email from the Nordic Administrator soliciting your feedback from the event. We value your feedback and it is a crucial element to improving the quality of future events.

Thank you.