



**PSIA CERTIFIED LEVEL II  
CROSS COUNTRY SKIING  
ASSESSMENT FORM**

Candidate: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Region: \_\_\_\_\_  
 Assessors: \_\_\_\_\_

*Sample Form*

Location: \_\_\_\_\_

- Assessment Scale for Certified Level II:
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.

<b>Instructor Decisions &amp; Behavior</b>	Attained	Did not Attain	Score
<b>Professionalism and Self Management: Contributes to a professional environment by managing their behaviors and emotions in response to others. (Continual Assessment)</b>			
<b>Needs/Safety</b> Address group and individual needs for belonging.			
<b>Behavior Management</b> Manage behavioral responses.			
<b>Section Average:</b> Must be 4 or above to meet Learning Outcome			
 <b>Comments</b> (This box may be resized vertically.)			
<b>Skiing Performance</b>	Attained	Did not Attain	Score
Adjusts and adapts the XC Fundamentals to demonstrate specific outcomes for both classic and skate technique in the intermediate skill level in intermediate and some advanced terrain.			
<b>Downhill</b> Manage speed and change of direction on downhills. (must pass 4 or above)			
<b>Continuously Ski</b> 20 minutes in beginner and intermediate terrain <b>Classic or Skate</b> (must pass 4 or above)			
Downhill Assessment Activities	(Click to select)		
 <b>Comments</b> (This box may be resized vertically.)			
<b>Classic</b>			
<b>Pushoff</b> Manage ski & pole push to increase speed			
<b>Weight Transfer</b> Maintain the center of mass (CM) over the base of support (fore/aft and side to side)			
<b>Glide</b> Control the duration of ski glide.			
<b>Versatility</b> Show versatility in intermediate terrain			
<b>Section Average:</b> Must be 4 or above to meet Learning Outcome			
Classic Assessment Activities	(Click to select)		
 <b>Comments</b> (This box may be resized vertically.)			
<b>Skate</b>			
<b>Pushoff</b> Manage ski & pole push to increase speed			
<b>Weight Transfer</b> Maintain the center of mass (CM) over the base of support (fore/aft and side to side)			
<b>Glide</b> Control the duration of ski glide			
<b>Versatility</b> Show versatility in intermediate terrain			
<b>Section Average:</b> Must be 4 or above to meet Learning Outcome			
Skate Assessment Activities	(Click to select)		
 <b>Comments</b> (This box may be resized vertically.)			