



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

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

*Sample Form*

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

- 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.

|  |  |          |                |              |
|--|--|----------|----------------|--------------|
| <b>Instructor Decisions &amp; Behavior</b> |  | Attained | Did not Attain | <b>Score</b> |
|--|--|----------|----------------|--------------|

**Professionalism and Self Management: Promotes a professional environment by adapting behaviors to positively affect others. (Continual Assessment)**

|   |  |
|---|--|
| <b>Needs/Safety</b><br>Address group and individual needs for esteem.                         |  |
| <b>Behavior Management</b><br>Adapts behaviors for positive group and individual interaction. |  |
| <b>Section Average:</b> Must be 4 or above to meet Learning Outcome                           |  |

**Comments** (This box may be resized vertically.)

|                           |  |          |                |              |
|---------------------------|--|----------|----------------|--------------|
| <b>Skiing Performance</b> |  | Attained | Did not Attain | <b>Score</b> |
|---------------------------|--|----------|----------------|--------------|

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.

|  |                   |
|--|-------------------|
| <b>Downhill</b><br>Optimize speed and change of direction on downhills.<br>(must pass 4 or above)                    |                   |
| <b>Continuously Ski</b><br>30 minutes in a wide variety of terrain <b>Classic or Skate</b><br>(must pass 4 or above) |                   |
| Downhill Assessment Activities   | (Click to select) |

**Comments** (This box may be resized vertically.)

**Classic**

|  |                   |
|--|-------------------|
| <b>Pushoff</b><br>Control the power of the ski and pole push to optimize speed.  |                   |
| <b>Weight Transfer</b><br>Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side). |                   |
| <b>Glide</b><br>Control optimal duration of glide.   |                   |
| <b>Versatility</b><br>Demonstrate versatility in a wide variety of terrain.  |                   |
| <b>Section Average:</b> Must be 4 or above to meet Learning Outcome  |                   |
| Classic Assessment Activities  | (Click to select) |

**Comments** (This box may be resized vertically.)

**Skate**

|  |                   |
|--|-------------------|
| <b>Pushoff</b><br>Control the power of the ski and pole push to optimize speed.  |                   |
| <b>Weight Transfer</b><br>Optimize the center of mass (CM) in relation to the base of support (fore/aft and side to side). |                   |
| <b>Glide</b><br>Control optimal duration of glide.   |                   |
| <b>Versatility</b><br>Demonstrate versatility in a wide variety of terrain.  |                   |
| <b>Section Average:</b> Must be 4 or above to meet Learning Outcome  |                   |
| Skate Assessment Activities  | (Click to select) |

**Comments** (This box may be resized vertically.)