

PSIA Certified Level II Cross Country Skiing ASSESSMENT FORM

Meets Standards
Does Not Meet Standards

C	and	bik	ate	:
Α	sse	ess	me	nt
R	eai	on		

Assessor(s):

Assessment	Scale	for Co	rtifiad I	OVALI
Assessment	Scale	tor c.e	rtitien i	evell

- Essential elements were not observed or not present.
- 2 Essential elements are beginning to appear.
- 3 Essential elements appear, but not with consistency.
- 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: Contributes to a professional environment by managing their behaviors and emotions in response to	Classic				
others. (Continual Assessment)	Pushoff Manage ski & pole push to increase speed.				
Needs/Safety	Weight Transfer				
Address group and individual needs for belonging. Behavior Management	Maintain the center of mass (CM) over the base of support (fore/aft and side to side).				
Manage behavioral responses.	Glide				
Section Average: Must be 4 or above to meet Learning Outcome	Control the duration of ski glide.				
Comments	Versatility Show versatility in intermediate terrain.				
Comments	Section Average: Must be 4 or above to meet Learning Outcome				
	Classic Assessment Activities Performed				
	Comments				
	Comments				
Skiing Performance					
Adjusts and adapts the XC Fundamentals to demonstrate specific outcomes for both classic and skate technique in the intermediate skill	Skate				
level in intermediate and some advanced terrain.	Pushoff Manage ski & pole push to increase speed.				
Downhill	Weight Transfer				
Manage speed and change of direction on downhills. (must pass 4 or above)	Maintain the center of mass (CM) over the base of support (fore/aft and side to side).				
Continuously Ski 20 minutes in beginner and intermediate terrain, classic or skate. (must pass 4 or above)	Glide Control the duration of ski glide.				
Downhill Assessment Activities Performed	Versatility				
	Show versatility in intermediate terrain.				
Comments	Section Average: Must be 4 or above to meet Learning Outcome				
	Skate Assessment Activities Performed				
	Comments				