



PSIA Certified Level II Cross Country Skiing ASSESSMENT FORM

- Meets Standards
 Does Not Meet Standards

Candidate:
Assessment:
Region:
Assessor(s):

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.

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 others. (Continual Assessment)	Classic
Needs/Safety Address group and individual needs for belonging.	Pushoff Manage ski & pole push to increase speed.
Behavior Management Manage behavioral responses.	Weight Transfer Maintain the center of mass (CM) over the base of support (fore/aft and side to side).
Section Average: Must be 4 or above to meet Learning Outcome	Glide Control the duration of ski glide.
Comments	Versatility Show versatility in intermediate terrain.
	Section Average: Must be 4 or above to meet Learning Outcome
	Classic Assessment Activities Performed
	Comments
Skiing Performance	Skate
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.	Pushoff Manage ski & pole push to increase speed.
Downhill Manage speed and change of direction on downhills. (must pass 4 or above)	Weight Transfer 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