



PSIA-West Cross Country Level 3
Certification Booklet



2007 Version

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Certification Booklet

Checklist is to be completed only DURING your prep-course or certification event! This certification Checklist is designed to help you monitor your progress and log your current understanding of technical knowledge, teaching knowledge and skiing ability on your path to becoming a Level 3 Certified Cross Country Instructor. You will want to use this Checklist to actively keep track of where you currently are in each area. Use this Checklist to write notes on feedback you have received and score your current level of understanding. Please have your Nordic Education Staff Member look over your Checklist every day of your prep course, or certification event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the Level 3 standard, and provide feedback and coaching for improved performance.

Demonstrates accurate technical knowledge

Level: Educ Initials: Comments:

Knows and understands movements and applies Fundamental Skiing Sills:

- Ski-t-ski balance**
- Push-off**
- Poling**
- Timing**

Level: Educ Initials: Comments:

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Level: Educ Initials: Comments:

Level 3 Checklist

Technical

Understands ski prep/waxing classic and skating skis

Level: Educ Initials: Comments:

MA description Advanced (L3)

MA cause & effect

Level: Educ Initials: Comments:

MA prescription

Level: Educ Initials: Comments:

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Level 3 Checklist

Technical

Understands ski prep/waxing classic and skating skis

Level: Educ Initials: Comments:

MA description Advanced (L3)

MA cause & effect

Level: Educ Initials: Comments:

MA prescription

Level: Educ Initials: Comments:

10

This Checklist is divided into three sections: technical, teaching and skiing. Each section has a checklist of those things you must know or be able to perform to be certified as a Level 3 Cross Country Instructor. To the side of the checklist is an area you can use to write notes and record feedback and coaching. This will greatly help in your process to becoming certified.

Be aware that although you are expected to know all the skiing maneuvers, teaching and technical elements in this Checklist, during your certification event the Educators may or may not cover all those listed. This is up to the discretion of the Educator running the event.

Note: Please remember the Learner's Responsibility Code; **I am responsible for my own learning!** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this checklist to track your learning and what you need to work on. Be an active learner!

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XC Level 3 Checklist Fundamental Maneuvers

**Diagonal Stride/
Uphill Diagonal**

Level: Educ Initials: Comments:

**Double Pole
Kick Double Pole**

Level: Educ Initials: Comments:

4

**Identifies learning styles/ presents in
multiple teaching styles**

Level: Educ Initials: Comments:

Provides safe lesson environment

Level: Educ Initials: Comments:

**Delivers technically accurate lesson with
feedback for an intermediate skier**

Level: Educ Initials: Comments:

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XC Level 3 Checklist Maneuvers

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Uphill Diagonal**

Level: Educ Initials: Comments:

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Level: Educ Initials: Comments:

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feedback for an intermediate skier**

Level: Educ Initials: Comments:

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Level 3 Checklist Teaching

Level 3 = Advanced topic,

Teaching Topic Is:

Uses teaching model/ATS/logical lesson delivery

Level: Educ Initials: Comments:

Develops rapport/ engages students/ attends to individual motivations

Level: Educ Initials: Comments:

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Level 3 Checklist Teaching

Level 3 = advanced topic,

Teaching Topic Is:

Uses teaching model/ATS/logical lesson delivery

Level: Educ Initials: Comments:

Develops rapport/ engages students/ attends to individual motivations

Level: Educ Initials: Comments:

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Step Turn/ Skate Turn

Level: Educ Initials: Comments:

Transitions/ racing tuck

Level: Educ Initials: Comments:

No Pole Skate

Level: Educ Initials: Comments:

5

Step Turn/ Skate Turn

Level: Educ Initials: Comments:

Transitions/ racing tuck

Level: Educ Initials: Comments:

No Pole Skate

Level: Educ Initials: Comments:

5

Level 3 Checklist **Skating and Downhill** **Maneuvers and tasks**

Diagonal V skate

Level: Educ Initials: Comments:

V 1 skate

Level: Educ Initials: Comments:

V 2 skate/ V 2 alternate

Level: Educ Initials: Comments:

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Level 3 Checklist **Skating and Downhill** **Maneuvers and tasks**

Diagonal V skate

Level: Educ Initials: Comments:

V 1 skate

Level: Educ Initials: Comments:

V 2 skate/ V 2 alternate

Level: Educ Initials: Comments:

6

Wedge Christie/ Skidded Parallel

Level: Educ Initials: Comments:

V-2 hop

Level: Educ Initials: Comments:

Step- step- glide/ Freeze Snap Drill

Level: Educ Initials: Comments:

7

Wedge Christie/ Skidded Parallel

Level: Educ Initials: Comments:

V-2 hop

Level: Educ Initials: Comments:

Step-Step glide/ Freeze- Snap Drill

Level: Educ Initials: Comments:

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