PSIA Certified Level I Alpine

ASSESSMENT FORM

[X] **Meets Standards**

[ ] **Does Not Meet Standards**

Assessment Scale for Certified Level I

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.

Candidate: Katherine Krishtopa
Assessment: December 10, 2022 at Belleayre
Region: Eastern
Assessor(s): Brian Dolin

ASSESSMENT CRITERIA

Instructor Decisions & Behavior — Attained

Professionalism and Self-Management: Maintains a professional environment by demonstrating self-awareness and self-management. (Continual Assessment)

Needs/Safety Address group and individual safety and physiological needs.	4
Behavior Management Exhibits positive behavior in response to feedback.	4
Section Average: Must be 4 or above to meet Learning Outcome	**4**

Comments

Nice integration of Safety reminders during the two days.

People Skills — Attained

Communication: Engages in meaningful verbal and non-verbal communication with the group as a whole. (Assessed when Teaching)

Communication Use verbal and non-verbal communication in a professional manner.	5
Active Listening Ask questions to learn about others.	5
Feedback Delivery Deliver feedback that acknowledges the emotions of the group.	5
Section Average: Must be 4 or above to meet Learning Outcome	**5**

Relationships with Others: Identifies likely motivations and emotions of individuals and understands group dynamics. (Assessed when Teaching)

Interaction Initiate goup interaction to build group dynamics.	5
Motivations/Emotions Identify the motivations and emotions of students.	5
Section Average: Must be 4 or above to meet Learning Outcome	**5**

Comments

Good job with two way communication and building group dynamics. Nice positive attitude that helped build confidence in the group

Teaching Skills — Attained

Assess & Plan: Plans leaning outcomes and organizes progressive learning experiences relevant to beginner/novice students.

Assess Identify student motivations, performance, and understanding.	4
Collaborate Select basic progression with clear direction and focus.	5
Plan Lesson Plan lessons that involve productive use of movement, practice time, and terrain.	4
Section Average: Must be 4 or above to meet Learning Outcome	**4**

Implement: Facilitates learning experiencs that guide students toward the agreed-upone outcome and engages them in the process.

Adapt Organize the learning environment to align with the initial assessment of the group.	4
Descriptions, Demonstrations, Feedback Give the group relevant information that encourages learning.	4
Manage Risk Manage physical and emotional risk to maintain engagement in the learning environment.	5
Section Average: Must be 4 or above to meet Learning Outcome	**4**

Reflect/Review: Communicates performance changes that target the learning outcome to help students identify that a change has been made.

Explore, Experiment, Play Pace a clear progression to allow students reflection time to explore, experiment, and/or play toward desired outcomes.	5
Describe Change Communicate changes in performance.	4
Relate Change Relate changes in performance to lesson outcomes.	4
Section Average: Must be 4 or above to meet Learning Outcome	**4**

Comments

Nice job leading the group! Good fun game that everyone enjoyed!

Movement Analysis — Attained

Articulates accurate cause-and-effect relationships between body and ski performance within any single skiing Technical Fundamental in a specific phase of the turn to offer a relevant prescription for change for skiers in the beginner/novice zone.

Consistently demonstrates their ability to:

Observe and Describe Observe and describe the application of one or more Technical Fundamental in all turn phases.	4
Evaluate and Describe Evaluate and describe the cause and effect relationships of one or more Technical Fundamental relative to the desired outcome.	4
Prescription Prescribe a specific change, related to one Technical Fundamental, to achieve the desired outcome.	4
Section Average: Must be 4 or above to meet Learning Outcome	**4**

Comments

Continue to look at ski snow interaction and performance to help with Movement Analysis

Technical Understanding — Attained

Describes specific performances using Technical Fundamentals and considering tactics and equipment choices using current PSIA-AASI resources.

Relates information from current PSIA-AASI resources to:

Understanding of Biomechanics/Physics Describe the application of one or more Technical Fundamentals and respective biomechanics and physics within the turn phases of a specific outcome.	4
Fundamentals to Personal Performance Compare the application of one or more Technical Fundamental(s) to personal performance.	4
Tactics, Equipment, Physical, Environment Describe the impacts of tactical decisions, equipment choices, physical development, terrain, and snow variation, to a skiing outcome.	4
Section Average: Must be 4 or above to meet Learning Outcome	**4**

Comments

Good input on technical questions.

Skiing Performance — Attained

Applies the Technical Fundamentals to demonstrate specific outcomes in beginner and easier intermediate terrain.

Apply tactics and ski performance to:

Integrate Fundamentals Integrate two or more of the Technical Fundamentals through all turn phases to achieve prescribed ski performance.	4
Individual Fundamentals Use individual Technical Fundamentals as prescribed.	4
Versatility Demonstrate versatility by varying turn shape, turn size, and line through intermediate zone terrain.	4
Section Average: Must be 4 or above to meet Learning Outcome	**4**

Applied Assessment Activities Performed

Freeski

Blended Assessment Activities Performed

Basic Parallel, Wedge Christie, Wedge Turn

Highlighted Assessment Activities Performed

Hockey Stop, J Turn, Sideslip, Skating

Comments

Continue to work on Balanced stance coming from the ankle. Dorsiflexion. Fundamental of Center of Mass Over the base of support to direct pressure along the length of the ski. More balanced stance will allow you to more easily access the other fundamentals