

# PSIA-NRM Cross Country Level I Certification Booklet

Checklist is to be completed only DURING your 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 I 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 certification event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the Level I standard, and provide feedback and coaching for improved performance.

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 I 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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Northern Rocky Mountain Division

# Level I Checklist

## Maneuvers

### **Diagonal Stride**

Level:    Educ Initials:    Comments:

### **Uphill Diagonal**

Level:    Educ Initials:    Comments:

### **Herringbone**

Level:    Educ Initials:    Comments:

### **Double Pole**

Level:    Educ Initials:    Comments:

### **Step Turn**

Level:    Educ Initials:    Comments:

### **No Pole Skate**

Level:    Educ Initials:    Comments:

# Level I Checklist

## Maneuvers and tasks

### **Diagonal V Skate**

Level:    Educ Initials:    Comments:

### **V 1 Skate**

Level:    Educ Initials:    Comments:

### **Wedge Turn**

Level:    Educ Initials:    Comments:

### **Transitions/ Blending**

Level:    Educ Initials:    Comments:

### **Educator's choice**

Level:    Educ Initials:    Comments:

# XC Level I Checklist

## Teaching

**Beginner Teaching Topic Is:**

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**Understands Teaching Model/ ATS/  
Logical Lesson delivery**

Level:    Educ Initials:    Comments:

**Develops rapport/ engages group/  
paces appropriately**

Level:    Educ Initials:    Comments:

**Moves group in safe manner**

Level:    Educ Initials:    Comments:

**Beginner lesson is technically  
accurate/ provides feedback**

Level:    Educ Initials:    Comments:

# XC Level I Checklist

## Technical

**Understands waxing of skating and classic skis:**

Level:    Educ Initials:    Comments:

**Knows & understands Cross Country Skiing Skills and Movements**

Level:    Educ Initials:    Comments:

**Demonstrates accurate technical knowledge**

Level:    Educ Initials:    Comments:

**Can perform Movement Analysis on beginner XC skiers**

Level:    Educ Initials:    Comments:

**Recognizes:**

- Kick Double Pole
- Skating Turn
- V 2 Skate
- V 2 Alternate Skate
- Wedge Christie
- Basic Telemark

Level:    Educ Initials:    Comments: