

PSIA-NRM  
Cross Country  
Level 1  
Certification Workbook

Professional Development & Skills  
Proficiency Log<sup>1</sup>

<b>NAME</b> _____
<b>ADDRESS</b> _____ _____
<b>HOME PHONE</b> _____
<b>SKI SCHOOL / CLUB</b> _____

# W

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Cross Country Level 1

Welcome to the wonderful world of Cross Country ski instruction! This Certification workbook is designed to help you monitor the development of your skiing ability, technical knowledge, and teaching performance on your path to become a Level 1 Certified Cross Country Instructor. Use this Workbook to actively log your progress in each area, record feedback you have received, and track your current level of understanding. Please have your Nordic Education Staff Member look over your workbook daily during your XC Level 1 Certification Exam. Ed Staff Members will check your notes, initial off areas in which you meet or exceed the Level 1 standard, and provide feedback and coaching for improved performance. This workbook is divided into two parts:

(1) **Candidate Section:** This section is designed to help you to develop your understanding and demonstrate your skiing, technical, and teaching knowledge. Please answer these questions before and during the Level 1 Certification Exam.

(2) **Joint Section:** In this section you will write development suggestions for each item on the three checklists based on verbal comments from the Nordic Education Staff Members during the Certification Exam. Nordic Education Staff Members working your event will write and initial the Level you have attained in each item.

You should be able to perform *the basics* of each of the skiing maneuvers listed in the Skiing Checklist before coming to the Level 1 Certification Exam.

**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 Workbook to track your learning and what you need to work on.

Useful references include: the *PSIA Nordic Technical Manual: Skiing and Teaching Skills*, *PSIA-NRM Nordic Handbook*, *PSIA American Teaching System: Nordic Skiing*, *PSIA Core Concepts Manual*, *Alpine Technical Manual*, PSIA-NRM web pages: ([www.psia-nrm.org](http://www.psia-nrm.org)) and your fellow instructors. Be an active learner!

Only Nordic Education Staff Members working your event may initial a pass in your workbook unless otherwise noted.



## Part 2: Teaching Knowledge

**Summarize the Snowsport's Safety code.** (See PSIA-NRM Nordic Handbook or any mountain resort trail ticket)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_

**Teaching Model Application:** Write a lesson plan for a beginner XC lesson.

**1. Assess the Student:** List 3 questions you would ask your students to gain background information from them in order to assess their abilities for this lesson.

Question #1

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Question #2

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Question #3

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**3. Present/Share Information:** Use the following chart to write a progression for teaching diagonal stride to a first timer from the moment that you greet them. They have their rental skis in hand, but have never put them on. You have up to one hour to teach them. Describe the terrain at your area, where you would teach each part of a progression, and the amount of practice time needed for each learning segment. List the skiing Skill focus for each part of the progression.

Skiing Skill Focus	Drill / Explanation / Maneuver	Terrain Description	Time (i.e. 12 min)

**4. Checking for Understanding, Giving Feedback and Prescribing Practice:**

Student #1 never raises his/her boot heels off of the ski. You have explained everything about the diagonal stride and he/she has practiced with the other students, but he/she still does not get it. What type of sensory preference (VAK) do you think this person has? What Skiing Skill is he/she lacking and how can you help?

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Student #2 moves the left arm and leg forward at the same time and then moves the right leg and arm forward together. What Skiing Skill do you need to work on and how can you help them?

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Student #2 asks a lot of questions. One question is: Why can't we just walk on our skis? What do you say? \_\_\_\_\_

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What type of sensory preference (VAK) does student #2 have and how can you keep this person happy while addressing the needs of the other students in your class? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. Summary: What can you say in your lesson summary that will encourage these students to take a private lesson from you in the future? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List the Primary Teaching Styles (See Nordic Handbook or Core Concepts Manual). Explain how you would use each teaching style to teach double poling.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

5 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Part 3: Technical Knowledge

Summarize the Skiing Skills of cross country skiing in your own words.

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

How do we propel ourselves in a diagonal stride? In a V1 skate? Use the Cross Country Skiing Skills (Body Position, Timing, and Propulsion) in your answer. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What changes occur when going uphill using a diagonal stride and why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name two maneuvers performed on cross country skis that require twisting movements.  
\_\_\_\_\_  
\_\_\_\_\_

Name two maneuvers performed on cross country skis that require tipping movements.  
\_\_\_\_\_  
\_\_\_\_\_

Identify equipment needs for skiers at the beginner level. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain the basics of waxing classic skis. \_\_\_\_\_

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Explain the basics of waxing skating skis. \_\_\_\_\_

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Explain the differences between classic and skating skis. \_\_\_\_\_

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You are skiing outside of the tracks on an easy groomed downhill slope. Explain the movements required to go from a straight run to a wedge. \_\_\_\_\_

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What are some reasons why students slip backwards while doing the herring bone? Relate this to how the skis are designed to work. \_\_\_\_\_

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Why is balance on one foot important in cross country skiing? \_\_\_\_\_

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Briefly describe the steps in Movement Analysis (See Nordic Handbook and Nordic Tech Manual)

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**Thank you** for participating in the PSIA Level 1 Cross Country certification program. It is our hope that this process has stimulated your thinking and your desire to be the best instructor you can be. In a like manner, we are constantly striving to improve our educational programs and materials. Please feel free to contact the email address below with your feedback and suggestions.

- For comments or questions regarding PSIA NRM cross country education program contact: Angela Patnode, Nordic Chairperson; [angelapatnode@yahoo.com](mailto:angelapatnode@yahoo.com)

**Part 2: Joint Section:** Please bring checklists and writing device with you on snow

Candidates Name \_\_\_\_\_ Date \_\_\_\_\_

Nordic Education Staff \_\_\_\_\_

**A. Skiing Checklist**

Candidate's understanding of Nordic Ed Staff feedback	Nordic Ed Staff	
	Level	Initial
Diagonal Stride		
Uphill Diagonal Stride.		
Herringbone		
Double Pole		
Step Turn		
No Pole Skate		
Diagonal V Skate		
V 1 Skate		
Wedge Turn		
Transitions		
Blending		
Educators Choice		

**General Skiing Development Suggestions:**

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Candidates Name \_\_\_\_\_ Date \_\_\_\_\_

Nordic Education Staff \_\_\_\_\_

**B. Teaching Knowledge Checklist**

Nordic Ed Staff

Candidate's understanding of Nordic Ed Staff feedback	Level	Initial
Beginner Lesson Topic Is:		
Understands Teaching Model /ATS / Lesson makes sense		
Beginner lesson is technically accurate / provides feedback		
Develops rapport / engages group / appropriate pacing		
Moves group in a safe manner		

**C. Technical Knowledge Checklist**

Nordic Ed Staff

Candidate's understanding of Nordic Ed Staff feedback	Level	Initial
Understands basics of waxing skating & classic skis		
Knows and understands Cross Country skiing skills and movements		
Demonstrates accurate technical knowledge		
Can perform movement analysis on beginning XC skiers		
Recognizes: Kick-Double Pole, and Skating turn		
Recognizes: V2 and V2 Alternate		
Recognizes: Wedge Christie and Basic Telemark		