



PSIA / AASI NRM BASIC FREESTYLE ACCREDITATION 2010 Standards

Overview

The purpose of this basic level freestyle accreditation is to provide the candidate with the skills and the information necessary to safely teach a beginner freestyle lesson. The candidates should gain an understanding of the movements and knowledge that is necessary to safely navigate small terrain features both within and outside of a terrain park. Progressions for basic freestyle maneuvers will be presented and discussed to give candidates a basis for creating progressions of their own. Movement analysis of freestyle maneuvers will be developed using the existing understanding of fundamental movements and cause/effect relationships. The teaching cycle and existing freestyle teaching models will be introduced and applied at a basic level of understanding. Terminology for describing freestyle terrain features, basic maneuvers, and movements will be discussed and used throughout the accreditation.

Terrain

The terrain will consist of groomed green/ blue terrain and small natural/ unnatural features. Natural features include rolls, drops, gullies, stumps, wind drifts logs, etc. Unnatural features include terrain park features such as rollers, jumps, jibs, half pipes, fun boxes and rails. A feature is "small" if it is appropriate for a beginner. When deciding if a feature is appropriate for a beginner consider the distance from take off to landing, the speed that is needed, the degree of difficulty, and the probability or consequences of the student falling.

Prerequisites

Candidates must have Level 1 certification and their PSIA/AASI membership must be current. Participants should be comfortable on small terrain features and must have the ability to repeatedly hike terrain features.

Assessment

The accreditation process will consist of a written exam and a two day on snow evaluation. The candidate must pass both to achieve basic accreditation.

Written Exam

The written exam will cover material specific to freestyle as well as safety and teaching. The exam will be based off the Park and Pipe Manual as well as general knowledge from the Level 1 exam. The exam will be given as a pretest on the morning of the first day of the accreditation. At the end of the second day



the candidates will have the opportunity to change any of their answers before the test are graded. The candidates must get 80% of the answers correct to pass the written exam.

On Snow Evaluation

During the two day on snow evaluation the candidates will be coached and evaluated in the areas of safety, teaching, technical knowledge/ movement analysis and freestyle demos.

Candidates must demonstrate an understanding of safety by conducting themselves in a safe manner at all times during the on snow evaluation. An understanding of safety when teaching is demonstrated by the use of the skier responsibility code and smart style as well as the selection of safe terrain features and safe teaching scenarios.

For the teaching portion the candidate will be given the task of teaching a fictional student. The candidate will be given important information about the student including age, background, and goals. The candidate must then teach the demo as if the rest of the group is the student. The candidate will be evaluated on their safety, use of the teaching cycle, selection of appropriate terrain, creation of a progression, and group management.

Evaluation of technical knowledge and movement analysis will be based on discussions that occurs at any time during the on snow portion as well as from feedback given by candidate during teaching segment. The candidate should be able to utilize the ATML model, S.P.S model and fundamental movements when observing , identifying cause & effect relationships, and giving feedback.

The freestyle demos will be evaluated throughout the on snow evaluation. They may be specifically evaluated or evaluated during a teaching segment. In each demo there are specific movements that must be demonstrated for the candidate to meet the standard. These movements are outlined in the General Characteristics of Freestyle Skiing or Riding. In addition there will also be a "jam session" where the candidate should demonstrate flow through the park as well as their personal style.