



**NORTHERN ROCKY
MOUNTAIN DIVISION**

ALPINE LEVEL 1 SCORECARD

**ALPINE LEVEL 1
CERTIFICATION**

ATTAIN
 DOES NOT

Date: _____
Location: _____

Name: _____
Staff: _____

SECTION I: MOUNTAIN SKIING

SCORE

Freeski Groomed	1	2	3	4	5	6
Freeski Ungroomed	1	2	3	4	5	6

Total of 8 or greater to meet the standard. SCORE =

SECTION II: Demonstrations

SCORE

Straight Run	1	2	3	4	5	6
Gliding Wedge	1	2	3	4	5	6
Wedge Turns	1	2	3	4	5	6
Wedge Christie Turns	1	2	3	4	5	6
Basic Parallel Turns	1	2	3	4	5	6

Total of 20 or greater to meet the standard. SCORE =

SECTION III: FUNDAMENTAL VERSATILITY (TASKS)

SCORE

Wedge Change-Ups	1	2	3	4	5	6
Foot Steered Turns	1	2	3	4	5	6
Sideslips with a Stop	1	2	3	4	5	6
Carved uphill Arc	1	2	3	4	5	6
Straight run to Outside Ski J-turn	1	2	3	4	5	6

Total of 20 or greater to meet the standard. SCORE =

SECTION IV: TEACHING FUNDAMENTALS

SCORE

Environment promotes play, exploration, & experiment	1	2	3	4	5	6
Collaborate on short & long term goals	1	2	3	4	5	6
Facilitate learners ability to recognize, assess, & reflect	1	2	3	4	5	6
Manage terrain choice & pacing of info & activities	1	2	3	4	5	6
Reinforce effort & learning & adapt when needed	1	2	3	4	5	6
Manage emotional & physical risk	1	2	3	4	5	6

Total of 24 or greater to meet the standard. SCORE =

ADDITIONAL FEEDBACK:

Thank you for participating in the PSIA/AASI NRM Alpine Certification Program. If you have further questions please contact the NRM Alpine Chairperson at: nrm.alpine@gmail.com Best wishes in your future professional development.

SCORE SUMMARY

Written Score: _____%

SECTION I: P / F

SECTION II: P / F

SECTION III: P / F

SECTION IV: P / F

SCORING KEY

1 ←————→ 6

Below Exceeds

(See Reverse Side)

P = Pass

F = Fail



Skiing Fundamentals:

- Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
- Control pressure from ski to ski and direct pressure toward the outside ski.
- Control edge angles through a combination of inclination and angulation.
- Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- Regulate the magnitude of pressure created through ski/snow interaction.

Teaching Fundamentals:

- Create an environment that promotes play, exploration, and experimentation towards desired outcomes
- Collaborate on short-term objectives and long-term goals
- Facilitate the learner's ability to recognize, assess, and reflect upon experiences and sensations
- Manage terrain choice and the pacing of information and activities
- Reinforce effort and learning, and adapt learning environment to accommodate changing needs of the learner
- Manage emotional and physical risk within the learning environment

Scoring Criteria for Certification Level:

1 = This element was not observed or is not present.

2 = This element is beginning to appear.

3 = This element appears, but not with the necessary consistency.

4 = This element appears regularly at a satisfactory level.

5 = This element appears frequently, above required level.

6 = This element appears continuously, at a superior level.