

PSIA-NRM Telemark Level 2 & 3

Certification Workbook & Checklist

Professional Development & Skills Proficiency Log¹

Welcome to the wonderful world of Telemark instruction! This certification Workbook and checklist is designed to help you verify and improve your current understanding of technical knowledge, teaching knowledge and skiing ability on your path to becoming a Level 2 and Level 3 Certified Telemark Instructor. This workbook is to be used as a study guide to prepare you for the certification process. It is important to not only find the answers to the questions, but to also integrate these answers into your teaching experience and understanding of the sport and your students. There are questions that ask for examples. Please try to answer with examples from your own teaching experience and interactions with your students. The goal is not to only learn the material, but to give this knowledge an application as well.

The workbook must be completed before your certification event & Checklist completed at your certification event. If you are interested in going for your Level 3 you must complete the entire workbook. If you are interested in going for your Level 2 you must complete all sections except for the Level 3 specific section. If you are not sure which level you would like to go for, you will need to complete the entire workbook to be eligible for Level 3. It is important to allow plenty of time to complete this workbook prior to your event to enable you to properly integrate the knowledge. This will greatly help in your process to becoming certified.

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. Be an active learner!

The answers to most questions may be found in the Nordic Handbook, Nordic Technical Manual, Core Concepts for Snowsports Instructors, or other reference material that can be found in the resource list. You may fill out the answers in the spaces provided or on a separate sheet.

Name _____ Date _____

Present NRM Telemark Certification level _____

1. List the Teaching Model.

2. List the 4 areas of Student Behavior and list one sub-area in each area.

3. What are the Primary Teaching Styles? Please give a brief description.

4. List the Snowsport's Safety code.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

5. Write a progression for an intermediate (Level 2) or advanced (Level 3) Telemark lesson.

6. Name the 7 different multiple intelligences as described by Howard Gardner.

7. What are the 4 skiing skills (described in the Nordic handbook)? Please list and describe.

8. Please list the sensory Learning Styles.

9. Describe Maslow's Hierarchy of Needs.

10. Describe the bell curve of Learning and Performance.

11. Please list 4 effective drills or exercises for improving balancing movements in Telemark skiing.

12. Please list 4 effective drills or exercises for improving flexing and extending movements in Telemark skiing.

13. Please list 4 effective drills or exercises for improving tipping movements in Telemark skiing.

14. Please list 4 effective drills or exercises for improving twisting movements in Telemark skiing.

15. Please list 4 effective drills or exercises for improving lead change movements in Telemark skiing.

16. What is the difference between a movement and a skill?

17. What are the 3 phases of the turn in Telemark skiing?

18. What are the Stepping Stones and how do you use them?

19. What are four causes of Hypothermia?

20. Describe a beginning Telemark lesson plan for an accomplished Alpine skier.

21. What are the 4 ingredients of an avalanche?

22. Describe a Telemark lesson plan for a first time powder lesson.

23. Describe a Telemark lesson plan for entry level bumps.

24. How are Telemark turns and parallel turns similar? How are they different?

25. Describe pole usage in a medium to long radius Telemark turn. Compare this to pole usage in a short radius turn.

26. Compare the strengths and weaknesses of a student with a strong alpine background vs. a student with a strong Nordic track background coming into a beginning Telemark lesson. Is there a difference in how you would teach these 2 students in a group lesson? Explain.

27. What is the difference between student-centered teaching and instructor centered teaching?

28. What are the benefits and drawbacks of teaching a beginner the wedge position? What are the benefits and drawbacks of teaching a beginner "direct to parallel"?

Level 3 Candidates Only

30. Please describe why countering is important in Telemark skiing, how much counter is necessary, and which skills it affects.

31. What is a retraction turn? When would you use a retraction turn in Telemark skiing?

32. What effect does putting a lifter under your binding have? What type of skier would benefit the most from lifters?

33. Please list the 8 functioning types of Carl Jung. (Also called Myers-Briggs Type Indicator)

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

34. Describe dorsiflexion and plantarflexion

35. Describe adduction and abduction.

36. How have shaped skis affected Telemark technique? Explain in terms of the skiing skills and movements.

37. What is the proper weight distribution on the front and back foot in Telemarking? Please explain.

38. What is the difference between angulation and inclination?

39. What is the difference between cross over and cross under? When is each of these used?

40. What is edge bevel? Base bevel? What effect does each have on the way the ski skis? (Ask a master ski tuner if you do not know.)

41. What are some common problems Telemark skiers have in powder? List some exercises you use to correct these.

42. What are the advantages of teaching "shuffling"-type exercises in beginning, intermediate and advanced lessons?

43. What is a common error that advanced Telemark students make? Explain this in terms of the skiing skills and movements. What exercise/ progression would you use to correct this?

44. How do you give effective feedback to your students?

RESOURCE LIST

Nordic Technical Manual, PSIA Publication 2005

Nordic Handbook, PSIA-NRM Publication 2004

Core Concepts for Snowsports Instructors, PSIA Publication 2001

The Complete Encyclopedia of Skiing, Barnes, Bob, Snowline Press 1999

PSIA-NRM Telemark Level 2 & 3

Certification Checklist

Checklist is to be completed only DURING your 3-day 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 2 and Level 3 Certified Telemark 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 3-day certification event. Ed Staff Members will check your notes, initial off areas in which you are meeting or exceeding the Level 2 or 3 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 2 or 3 Telemark 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 three-day 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!

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

PSIA-NRM Telemark Instructor Training Course
Level 2 / 3 Checklist

| SKIING | Educ | | |
|--|-----------------|--------------|----------------------------|
| Fundamental Maneuvers | Initials | Level | Comments / Feedback |
| 1 Railroad Tracks - Alpine Only = Level 2 | | | |
| Railroad Tracks - Telemark & Alpine = Level 3 | | | |
| 2 Pivot Slips - Linked Tele Both Directions = Level 2 | | | |
| Linked Pivot Slips - Tele & Alpine = Level 3 | | | |
| 3 Basic Telemark | | | |
| 4 Open Stance Tele & Parallel | | | |
| 5 Switch Wedge Christie = L 2, Switch Basic Tele = L 3 | | | |
| 6 Short Radius | | | |
| 7 Medium Radius Tele & Parallel | | | |
| 8 Educator's Choice | | | |
| TELEMARK SKIING | Educ | | |
| Applied / Terrain Maneuvers and Tasks | Initials | Level | Comments / Feedback |
| 1 Shuffle 750 = Level 2 | | | |
| Shuffle 1000 = Level 3 | | | |
| 2 Monomark | | | |
| 3 Ungroomed | | | |
| 4 Blue Bumps = Level 2 / Black Bumps = Level 3 | | | |
| 5 Educators Choice | | | |

PSIA-NRM Telemark Instructor Training Course
Level 2 / 3 Checklist (con't.)

| TEACHING | Educ | | |
|--|-----------------|--------------|----------------------------|
| L 2 = Teaching L 6 / 7, L 3 = Teaching L 8 / 9 | Initials | Level | Comments / Feedback |
| <i>Teaching Topic Is:</i> | | | |
| 1 Uses Teaching Model / ATS / Lesson Makes Sense | | | |
| 2 Develops Rapport / Engages Student / Individual Motivation | | | |
| 3 Learning Styles / Teaching Styles / Presents Multi-Ways | | | |
| 4 Safe Environment | | | |
| 5 Technically Accurate Lesson with Feedback | | | |

| TECHNICAL | Educ | | |
|---|-----------------|--------------|----------------------------|
| | Initials | Level | Comments / Feedback |
| 1 Movement Analysis Description | | | |
| 2 Movement Analysis Cause & Effect | | | |
| 3 Movement Analysis Prescription | | | |
| 4 Fundamental Movements / Skiing Skills | | | |
| 5 Technical Knowledge | | | |