

CERTIFIED LEVEL I

Certified Level I members demonstrate a solid foundation of information and training necessary to be an effective ski teacher for beginner and novice skiers. The Certified Level I instructor possesses an understanding of *basic* skiing skills, teaching skills, and professional knowledge. It is not expected that Level I candidates will have *in-depth* knowledge and experience in each of the areas of competence listed in these Standards. It is expected, however, that candidates will be able to show *basic* competence and knowledge in all of these areas. In addition, it is expected that candidates will be able to demonstrate a *significant* level of competency with the skiing and teaching tasks listed specifically for assessment at a Level I event.

Category A: Skiing

Level I certified teachers must be able to ski all green and groomed blue terrain demonstrating consistent balance, coordination and control of speed. Demonstrations must display an “understandable picture” of the technical elements of Beginner/Novice zone skiing. Skiing dynamics are limited by the speeds and terrain appropriate for Beginner/Novice zone skiing and tasks.

1. Matrix for Nordic Certification Standards, p. 3.

Describes specific skills at Level I

Category B: Teaching

Level I Certified teachers demonstrate a solid foundation of information, and experience necessary to be an effective teacher of Beginner/Novice zone skiers. A basic understanding of how to manage the learning environment for different age and gender situations is required.

Please see the **Matrix for Nordic Track Certification Teaching Standards, p. 4-5.**

Describes specific skills at Level I

Category C: Professional Knowledge

Professional knowledge requirements for Level I Certified teachers reflect a practical awareness of general terms and concepts, and an ability to use these concepts in basic lesson situations for Beginner/Novice zone students. Decision making and lesson content will most likely follow preplanned options, with consideration for different skill development emphasis.

Please see the **Matrix for Nordic Track Certification Professional Knowledge Standards, p. 6-7.**

Describes specific skills at Level I