

## LEVEL II

The Level II member is one who has demonstrated commitment and dedication to the ski teaching profession and to his/her own personal development. Level II members are considered qualified to provide valuable instruction to a majority of ski school guests. A Level II instructor demonstrates the ability to relate movements and skill areas to movement outcomes and to apply that knowledge to teaching situations common to intermediate zone skiers. Level II instructors have a global understanding of the ski industry and are able to classify their responsibilities as a part of the resort team.

### Category A: Skiing

Level II teachers have the skills to make short, medium, and long radius turns on blue and groomed black terrain with minimal skidding. Skis make two separate, relatively defined arcs in the snow from before the fall line to completion. Skill application and accuracy may vary with terrain and snow conditions. Demonstrations should illustrate accurate movement patterns and reflect turn dynamics relative to the speeds and forces common to intermediate zone skiers.

The instructor is able to:

#### 1. General Characteristics

- a. Maintain a balanced stance throughout a series of turns
- b. Use ski design and skill blending to shape telemark and parallel turns
- c. Link turns of consistent rhythm and size, such as a series of short or long turns
  - Blend the movements of the body and poles moving from turn to turn
  - Ability to move the COM across the skis actively
  - Use pole movement to aid the flow and rhythm of the turn
- d. Reduce and maintain speed by adjusting turn shape without interrupting overall flow and rhythm
- e. Demonstrate a variety of turns
- f. Apply appropriate tactics and vary skill applications in a variety of conditions, including ungroomed snow or powder
- g. Demonstrate different types of skill blends in exercises, tasks, and turns, upon request
- h. Demonstrate the *visual cues to effective telemark skiing*\* relative to edging, rotary and pressure control movements in demonstrations and tasks common to Intermediate zone skiers

\**Visual Cues Effective Telemark Skiing*, from the *Nordic Technical Manual* do not address alpine stances. For these please refer to the *Visual Cues to Effective and Ineffective Skiing* in the *Alpine Technical Manual*, (PSIA, 2002).

#### 2. Matrix for Telemark Certification Skiing Standards, p. 3.

Describes specific skills at Level II

### Category B: Teaching

Level II teachers demonstrate an understanding of basic learning theory, communication and people skills, and human development. Practical knowledge of these concepts is required for students and teaching situations through Intermediate zone lessons. Level II teachers demonstrate the ability to adapt the lesson environment to meet a variety of options for specific audiences (i.e., age, gender).

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

Describes specific skills at Level II

### Category C: Professional Knowledge

Professional Knowledge for Level II teachers reflects a basic understanding of general terms and concepts applicable through the Intermediate zone. Application of teaching concepts in actual lesson situations should reveal an ability to interpret correctly student behavior and performance, and to deliver technical content through relevant activities and simple language.

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

Describes specific skills at Level II