



NZSIA Ski

Level Two Certification Outline

The NZSIA qualifications are recognised internationally as some of the best in the world.

The NZSIA Examining Team comprise the most talented Ski trainers in New Zealand and it is our job to make sure you as the candidates have the best possible shot at successfully completing this course.

We aim to provide a fun, friendly educational environment that is non-threatening. If you have any problems with another candidate or your Examiner don't hesitate to approach me.

The following information is important, keep it handy during your course.

What you need to bring everyday:

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain for the four days in case of a change in ski area due to weather.
- Helmets are highly recommended for all NZSIA courses
- Warm waterproof clothing including beanie and gloves. You'll be outside for all the days of the Level Two (if the mountain is open) for up to 6 hours per day.
- Sunglasses/goggles and sun cream.
- A packed lunch or lunch money.
- Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Ski Course Manager if lift tickets are required.
- A notebook & pencil to take down notes/important points.

My cell phone number is 027 249 1765 and is for **URGENT** calls only please.

Good luck.

Stephanie Brown - NZSIA Ski Course Manager

Administration Matters

All matters concerning registration, payments etc. should be referred to the admin office.

NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided on line after each course.

If you wish to personally discuss your results or any other matter relating to the course please contact the Ski Course Manager or write to NZSIA at the address below.

Email: admin@nzsia.org Phone: 03 4511534

Lift Tickets

Some participants may be eligible to apply for discounted lift tickets during courses. Please inform the Course Manager if lift tickets are required.

Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain.

Meet on snow ready to ski -Meeting locations are as follows:

Coronet Peak - Outside on the café Deck near the clock

Remarkables - Outside uphill side of main building on snow to left of the deck

Cardrona - In front of the archway, uphill side

Treble Cone - Base of the six pack

Mt Hutt - Outside on snow uphill of café near the ski racks

Porters -Outside the Snowsports School Ticket Office

Whakapapa - Outside in front of base area café near ski racks

Turoa - Outside in front of base area café near ski racks

For information on Overseas Courses click [here](#)

Closed Days

If the mountains are closed gather at the designated meeting point at 9:00am. An indoor session will be organised and a full day's content covered. Locations are as follows:

Wanaka - Cardrona town office cnr of Helwick and Dunmore St

Queenstown - The Station building (corner of Camp St and Shotover St)

Methven - Mt Hutt town office-Main St Methven

Whakapapa -RSA Ohakune Club 71 Goldfinch St Ohakune

Turoa - RSA Ohakune Club 71 Goldfinch St Ohakune

If the mountain opens during the day we will try to get up the hill but this is sometimes impossible due to transport issues. Please have your equipment off the mountain in case.

Fitness, Incidents and Accidents

Our Ski Certifications are intensive courses of skiing and learning.

It is therefore important that you are physically fit and in good condition to be able to take full advantage of the training and education provided and to perform at your best for the whole period.

Hence, if you are/or become physically impaired/injured please bring this to the attention of the Ski Course Manager. A solution at this point will be advised. In the interest of safety and fairness to yourself and others the advice will most likely be to withdraw from the course. If you choose to continue against the advice of the Ski Course Manager there can be no recourse on the NZSIA.

Safety is our number one concern. Please report any incidents/accidents to your examiner or directly to the Ski Course Manager with facts, witnesses, location etc.

Safety Policy

NZSIA exams will require you to ski on a variety of terrain and conditions and complete specific tasks on snow. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination.

Course participants should be aware of and follow the **Snow Responsibility Code** at all times:

<http://www.nzsia.org/wp-content/uploads/2018/05/ACC-resource-alpine-snow-code-16.pdf>

Privacy Policy

In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

For further info - <http://www.nzsia.org/privacy>

Attendance Policy

The learning on an NZSIA course is achieved through participation and interaction. There are elements of continual assessment and elements of specific assessment.

You will be expected to attend the course in full, including meeting at the correct time in the morning and participating in all activities.

As the daily outline might change due to weather and other unforeseeable considerations you should be prepared to have some flexibility as to where and when you need to be.

Not being able to attend the course in full may lead to you not being able to successfully pass the qualification.

Code of Conduct

As a member of the NZSIA we expect you to behave in a manner that adheres to the NZSIA Code of Conduct. See here for more info - <https://www.nzsia.org/wp-content/uploads/2018/05/NZSIA-Code-of-Conduct.pdf>

Ski Level Two - Course Outline

Ski Level Two is open to NZSIA Level 1 Certified Ski Instructors (or foreign equivalent from ISIA member country) who are Full or Associate members of the NZSIA.

Candidates must join the NZSIA as an associate member to register for the Level Two Exam this can be done on the NZSIA website www.nzsia.org

Ski Level Two is made up of an Online Course, 5 days training and 2 days Assessment.

For qualification courses & exams (except Free Ski) the Ski Division recommends using a Front -Side ski within this range, a radius of 14 - 19 m & under foot width of 67- 84 mm

Course Philosophy

NZSIA teaching methodology from Wedge Turns up to Advanced Parallel Turns. There are many common themes and links between what we teach our students and what we are doing ourselves in our personal skiing. The course philosophy allows you as a learner and as a teacher to make those links and develop your understanding and performance. The presentation of information is divided up into small and manageable parts, it will be important that you take notes and regularly review your understanding as the course progresses.

More in-depth information for Level Two Teaching progressions can be viewed using the [Level Two Sample Lessons Document](#) that is downloadable from the NZSIA website. It is recommended that you bring a copy of the Sample Lesson Doc with you to the on snow sessions.

Candidates are required to:

1. **Complete Online Course & Quizzes** - This covers theory, movement analysis and lesson planning
2. **Teach from Wedge Parallel turns to Advanced Parallel turns**
3. **Analyse and Plan lessons for Intermediate skiers**
4. **Skiing** - Ski at an advanced level, which is a strong skier making dynamic medium radius parallel turns and basic parallel short turns on all groomed terrain. The skier is able to ski most off-piste terrain at a ski area with speed and confidence using NZSIA Technique appropriate to the situation in a variety of turn shapes.
5. **Fundamental Skill Demonstrations** - Wedge Turns, Wedge Parallel Turns and Basic Parallel Turns

Please view the NZSIA Progression and Fundamental Skill Demonstrations online at <https://vimeo.com/7735139>

Please ensure that you are familiar with the NZSIA Instructor's Manual. This will help you to understand the teaching progressions as they are presented. Manuals may be purchased online.

The Ski Manual is also available as a download <https://www.nzsia.org/downloads/>

Online Course

The online course **must be completed 48 hours before the start of the course.**

The online course is part of the Level Two it is an open book assessment. _

To complete the online E-learning course log onto the NZSIA website <http://www.nzsia.org/member/>

If you're unsure of username and/or password, click on forgotten username/password. Once in profile page click on Ski E-learning. You will then need to re-enter username and password to access E-learning.

Ski Level 2 Daily Outline

Day One

- Personal Skiing Development
- Fundamental Skill demonstrations - Wedge Turns, Wedge Parallel Turns, Basic Parallel Turns
- Teaching & Skill Development - explore how to teach and develop Lateral Forces and Lateral Balance Movements throughout the progression
- Evening Review - review ways of teaching the different skills covered on day 1. Consider how these can be applied in the progression, & how these can be used when referring to the Teaching Topics 1 – 6.

Day Two

- Personal Skiing Development
- Fundamental Skill demonstrations - Wedge Turns, Wedge Parallel Turns, Basic Parallel Turns
- Teaching & Skill Development - practice teach (10 min) - Progression Review Teaching topics 1&2
- Teaching & Skill Development - explore how to teach and develop Fore/ Aft & Vertical movements (including lateral foot to foot movements) throughout the progression.
- Evening Review - Progression review for Teaching Topics 3 & 4

Evening Session Indoor - Skier Analysis training and 15% Skier Analysis assessment

Day Three

- Personal Skiing Development
- Fundamental Skill demonstrations – Wedge Turns, Wedge Parallel Turns, Basic Parallel Turns
- Teaching & Skill Development – explore how to teach and develop Rotational Movements & Versatility of Turns
- Progression Review for Teaching Topics 3 & 4
- Evening Review - Progression review for Teaching Topics 5 & 6

Day Four

- Personal Skiing Development
- Fundamental Skill demonstrations – Wedge Turns, Wedge Parallel Turns, Basic Parallel Turns
- Teaching & Skill Development - explore how to teach and develop lateral movements of the legs
- Progression Review for Teaching Topics 5 & 6

Evening Session Indoor - Skier Analysis training and 15% Skier Analysis assessment

Day Five

- Personal Skiing Development -prepare Dynamic medium radius and short turns for assessment
- Fundamental Skill demonstrations - Wedge Turns, Wedge Parallel Turns, Basic Parallel Turns
- Teaching & Skill Development - teaching practice and skier analysis overview

Distribution Of Teaching Topics For Exam

Day Six - Day Off - Exam Preparation

Exam Assessment Day - Day Seven

8.45am all meet on snow and then warm up

Skiing Exam - Wedge turns, Wedge Parallel turns, Basic Parallel turns with pole touch, Dynamic Medium Radius Parallel turns and Short turns

After skiing a draw is done for the analysis exam. Time and place given.

Skier Analysis Exam - 70% of assessment - Evening session indoor. Each candidate will have 20 min to analyse one skier and present a lesson plan for a 2 hour lesson (Video of the skier will run for at least one minute.)

Exam Assessment Day - Day Eight

8.45am all meet on snow and then warm up

Teaching Exam - Each candidate will have a minimum of 30 mins to prepare to teach a lesson to three students. All candidates will take turns at being students.

Evening - Presentation of Results and Certifications

Time and place to be confirmed by your Examiner.

Please Note: Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation. Closed days will be used to cover teaching topics.

Assessment Areas

(1) Skiing

Skiing

- Skiing on and off-piste -Internal Session Mark
- Dynamic Medium Radius Parallel Turns
- Parallel Short Turns

Fundamental Skill Demonstrations

- Wedge Turns
- Wedge Parallel Turns
- Basic Parallel Turns with pole touch

(2) Teaching

- **Skier Analysis and Lesson Planning**
Candidates are assessed on their ability to analyse skiers and present a lesson plan.
- **Teaching Assignment**
Candidates are assessed on their ability to teach a lesson to a group of other candidates.
- **Online Course** – an open book assessment manual knowledge and Skier Analysis and Lesson Planning.

Certification Scoring Criteria

The assessment for this course is divided into Two sections - Skiing and Teaching. Candidates must pass both sections to pass the Level Two Certification.

The course runs as 7 days of training and exam. During the first 5 days candidates work with one Examiner.

This Examiner will provide an internally assessed skiing mark for the 5 days. Skiing will be assessed on & off-piste. To meet the standard candidates, need to ski at an advanced level, which is a strong skier making dynamic medium radius parallel turns & basic parallel short turns on all groomed terrain. The skier is able to ski most off-piste terrain at a ski area with speed and confidence in a variety of turn shapes using NZSIA Technique appropriate to the situation.

The other Skiing components, Dynamic Medium Radius Parallel Turns, Parallel Short Turns, Fundamental Skill Demonstrations are assessed on the last two days of the exam.

Skier Analysis and lesson planning are assessed as follows, 30% during the 2 analysis evening sessions, and 70% of the assessment on the evening of day 7 of the exam.

Teaching Assignments are assessed on snow on the last two days of the exam

A prerequisite to attending the Level 2 is an online course.

To pass overall, a minimum passing score for each element being 6 out of 10 is required in all nine elements.

Scoring Format Range: 1 – 10 Pass: 6 – 10 Not Pass: 1 – 5

10 - A Performance showing perfect technique and form at the assessed level that would be exemplary to all instructors.

9/8/7 -Performances showing varying degrees of improvement on 6, whether they are in technique or form, but neither combined reach 10.

6 - A Performance that shows the required technique with satisfactory form that would be acceptable for a clear and comfortable looking demonstration in front of a real class.

5 - A Performance that shows the required technique roughly with an unsatisfactory form that would be unacceptable as a clear and comfortable looking demonstration in front of a real class.

4/3/2 -Performances showing varying degrees of improvement on 1, whether that be in technique or form, but neither combined reach 5.

1 - A Performance showing nothing of the required technique or form, or can do the maneuver no better than one would expect of a student of that level of skiing.

0 - Absent.

Level Two Re-sits

- Re-sits are available if a candidate attains a partial by passing either the Skiing or Teaching section
- The passed section remains valid for one year from the date that the partial pass was obtained .
- The candidate may re-sit the other section, within the year of attaining a partial pass, at any other scheduled NZSIA Ski Level 2 Exam, this is on a space available basis.

· To re-sit the Skiing Section Exam Day only, candidates must have passed the internally assessed skiing session mark.

· To re-sit the Skiing segment where the candidate has not passed the internally assessed session mark the candidate must attend the skiing coaching sessions of the 5 days training & the Skiing Exam day.

Ski Level Two - Skier Analysis and Lesson Planning

It is recommended that you bring a copy of this to the evening indoor sessions.

Questions for Level Two Analysis and Lesson Planning two written assessments are available as a download from the NZSIA website [Level Two Analysis and Lesson Planning Written Assessment Questions](#)

Practice analysis can be viewed on line <https://vimeo.com/channels/l2practice>

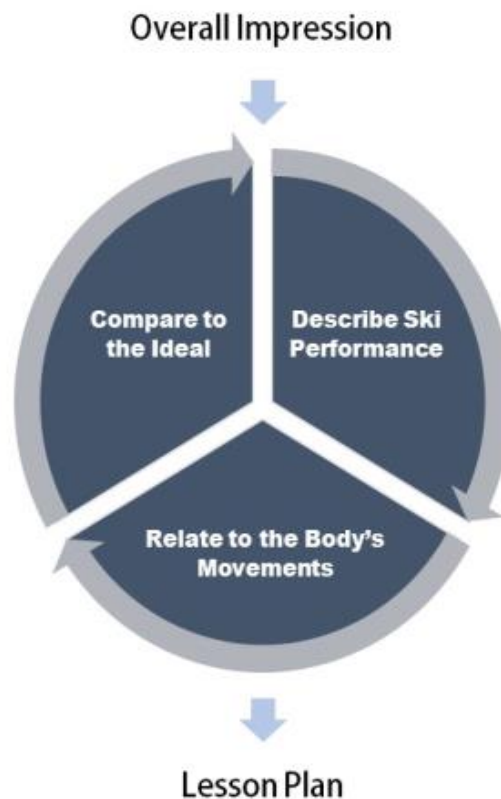
Below is a pictorial model describing the overall process that a candidate will go through for skier analysis and lesson planning. The candidate is presented with a WANT for the student.

There are three areas that the candidate will need to give details on and integrate into the model.

1. Observation/description of skier performance and movements of the body
2. Prioritization of technical needs to achieve the stated goal (comparison to the ideal)
3. Step by step lesson plan that is relevant to analysis of the skier and facilitates the stated goal

Analysis

When Structuring the analysis portion for intermediate Level of Skiing we recommend the following structure



Overall Impression

Give an overall impression of the skier.

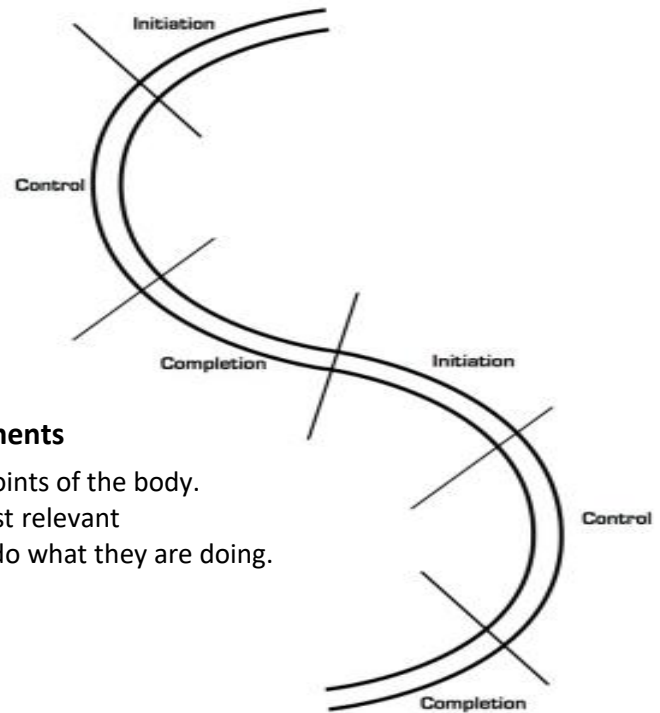
This should include an assessment of athletic ability and how comfortable they appear on the terrain

Describe Ski Performance

- Describe the turn shape and turn type.
- Identify and describe what you consider to be the most relevant areas of the skier performance.
- Be phase and outcome specific when describing the skier performance.

Relate the Skis Performance to the Body's Movements

- Describe the stance of the skier being specific to the joints of the body.
- Identify and describe what you consider to be the most relevant areas of body movements that are causing the skis to do what they are doing.
- Be phase, movement, and body part specific when describing movements of the body.
- Create cause and effect relationships between the skier performance and the movements of the body.



Compare to the Ideal

- Based on your descriptions how does their skier performance and body movements compare to the ideal
- Comparison to the ideal enables identification of their technical “needs”.

Goal

- By taking the ‘wants’ and ‘needs’ and incorporating the common movements for two areas this will enable you to formulate a goal that is tailored to your student.

Lesson Plan

Prioritise the skier’s technical needs to achieve the stated goal (comparison to the ideal).

Formulate a Step by step lesson plan - for a 2 hour lesson - that is relevant to analysis of the skier and facilitates goal

- Be specific to a part of the turn or the whole turn.
- Use the Progression Building Model to develop the movements and explain how you might cater for differing learning styles.
- Offer exercises/drills to support your progression.

Ski Level 2 – Teaching

Teaching Assignment Starting Points

1. Your students are making strong Wedge turns introduce Wedge Parallel turns to them.
2. Your students are making Advanced Wedge Parallel turns, with the skis becoming parallel above the fall line. Develop their skiing so that they have more edge control during the second half of their turns.
3. Your students are making Advanced Wedge Parallel turns introduce Basic Parallel turns to them.
4. Your students are making Basic Parallel turns. Improve the timing and rhythm of their skiing by introducing a pole touch to them.
5. Your Students are making Basic Parallel turns with a pole touch. Teach them how to vary the shape and size of their turns, so they can ski more groomed terrain confidently and safely.
6. Your students are using a pole touch with their Basic Parallel turns introduce Advanced Parallel turns to them